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GROOVE
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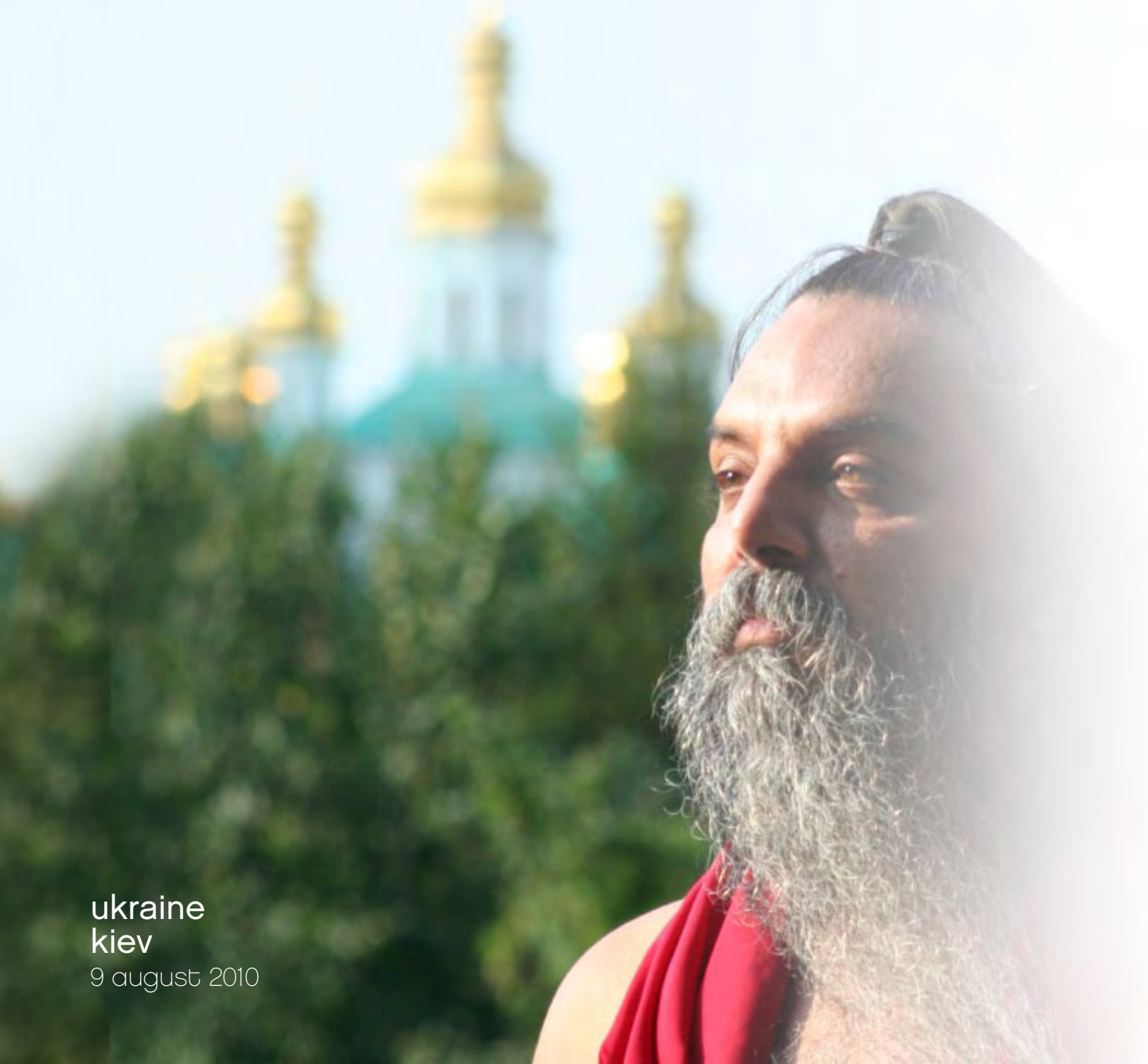
rajneesh
spontaneous talks





spontaneous talks
mystic rose gatherings

world tour 2010
ukraine



ukraine
kiev
9 august 2010

mystic rose gathering

rajneesh enters
everything becomes still
sitting in silence with closed eyes
soft music playing
the music builds into a rhythm
rajneesh gets up and we all move into dance
dance dance dance ...higher and higher to a peak...peaked
crescendo
stop
the music stops
everything stops
we sit still in deep total silence

to reach this silence...
a deep inner stillness...
as simple as that
how to become absolutely silent and still...
this is the whole message
the mind is always searching outside
searching for something
looking for an answer
seeking the truth
all moving outside
all moving away
it wants to search
it wants to know
it wants to be
it wants to become
the mind wants to achieve

the inner journey is so utterly simple
no searching...no wanting...no becoming...nothing
just the way you are
exactly the way you are
not searching and seeking and running for answers
but dissolving into a deep silence and stillness
in this deep state you will discover
that you are already home
i am not here to teach you anything
you already know too much
i am not here to show you anything
just to indicate to you what you have present within you
just to remind you that all that you are searching for
is already silently contained within you

understand what you are carrying within you
i am not here to add any more rubbish
you are already carrying too much
i am here to show you how to move inward
deeper and deeper into your own inner being
the inner journey is of utter innocence and simplicity
stop searching for answers outside
the outside can only be understood by the mind
you cannot drink the outside
but you can live your inner silence
you can drink your inner being
and you can drown into your own inner sky
and that is the finding or rather the disappearing

truth is so simple
but you have forgotten the language of silence
you have forgotten how to be still
how to listen deeply within your inner being

you have lost your inner trust
you have lost the way to love yourself...to be yourself
always being somebody else
living for others...loving others...trusting others...asking others
completely forgetting your inner master
this is the way back home
all it needs is an open heart
a deep innocence and a silent watching
i am here to show you what you have
remember i am not a group leader or a therapist
it is their business to show you what is wrong with you
what is missing in you
i am a mystic
i am here to show you what is right in you
what is beautiful in you
the life that is flowing within you
you have simply no blocks...nothing whatsoever !
you do not need to overcome anything
simply drown and in that drowning
the secret inner light will simply reveal itself to you

i am a mystic...i only see what is right
and from your strength i give you more strength
to grow higher and higher
use your strength to fly
use what you have to grow
i am not interested in anything that you do not have
these are the shadows...do not fight with your shadows
if you do not have something let it not be there
see the infinite life that you have within you
go deeper into this livingness within you
spread your love...share your love
trust your inner silence

i am a very different kind of person
it will take you some time...
to get acquainted with my simple innocence
i know nothing !
i am not here to teach you anything
absolutely none whatsoever
you already have it all within you
a simple knack
a simple understanding

there are some people here
who are mad enough to dance with me
and you can see them all sitting here smiling
what are they smiling about ?
they have gotten out of the trap of learning
they are beginning to taste the living
and a great relaxation is happening around them
and they are simply laughing...it was so easy...

i am not here to philosophise with you
learn to drink one glass of water with me
and you have learned the art of drinking
how to get drunk with the divine...
how to dance in pure ecstasy...
and in that ecstasy the showering of the universe is a living experience
and you are so drunk and fulfilled the mind simply disappears

in fact when you are so drunk you do not know the way anymore
the search for truth is getting lost and lost
and getting so lost that the one who went to find the truth
got lost...he disappeared
and this new mystery became his home
he simply drowned into a deep silence
with nothing left
no search...no seeker...

simply no one present...
that empty sky is the universe that you carry within you
you are not a small human being
when you dissolve this bodymind and its boundary
you become one with all that surrounds you
get drunk...disappear into that innocent beauty that you carry
if you want to understand that
then spend some time with me

i do not treat sick people
you are not sick at all !
i create more blissfulness in you
you are carrying it
just by watching somebody dancing
something in you triggers
just drop the mind
become totally the dance and you will understand

question *i wanted to meet you and ask a question...i had many questions
and i met you and i found answers to my questions...
i read your book...now i do not need to write my book because it is not
so important where it is written under the bodhi tree or under some
other kind of tree...the meaning of this book is one...
just thank you*

almost twenty years since that explosion of silence...
the grace of my beloved master osho...
when my heart opened...the sky opened...
it made me so shy and silent
it took me twenty years
and i am still not able to express that showering...
in gratitude to my master

and i am grateful to each person who reads it
i feel grateful that you have absorbed the message
it is very rare
the only wish in my book is that it triggers your inner search...
that it invites you to dance...
that it inspires you to move in...
and if you have read that message i am grateful to you
this is why the book was written !

and do not say you will not write your book
i will wait for your book !

you need to express yourself...your finding
and each and every person who expresses themselves and their finding
creates trust in those seeking the truth

i will wait for your book

do not escape...share your understanding
it is very easy to hide the truth and run away

when you know the world is going to stone you and beat you and judge you
you need to come with your compassion
accept this as part of the journey
so my beloved friend...do not hide...
write your book...we are all waiting !

each and every person write in your own way
just write your book...sing your song...dance your joy...
celebrate your understanding
the world needs more celebrants
more dancers...more lovers and people of silence

silence has become so invisible in the world
the silent people need to express themselves
they need to share it...courageously
we need to share it in any way or form...
through your painting... through your sculpture...
through your dance...through your music

we need more and more of such people
strangely the world is filled with noise
those people who are used to making noise
are growing more and more stronger
and these silent mystics...
so humbly silent...are being crushed
and are disappearing from the world

this is why osho triggered so many people
we need the silent ones to speak
we need the lovers to express themselves
we are coming to a new world
this message is important
see the beauty and celebrate it

i am grateful that you have read my book
and it has touched your heart
it has given me something
i feel so blessed that it can inspire anybody
it has done its job !
thank you my friend
and i am waiting for your book

question *can you tell something about your journey to ukraine ?*

this is my first time here
i have been travelling for the past three years
almost every five days i am in a new city
the last year...in twelve months...i did forty events
that means i am travelling every seven days to a new place
a new bed...a new space...new people...
and i am beginning from abc again

it has been a beautiful and a great learning for me
how to express myself to people...from different backgrounds...
different countries...different understandings...all over the world
every five days to a new city and again i meet new people
and i have to begin from the very beginning again

it is a beautiful experience
and you can see i have been travelling continuously for the last three months now
during all my travels...
so many beautiful people have the courage and the love to invite me
it is not easy to invite me
i am easy but the invitation sometimes creates problems...
to speak the truth is to remove the vested interests
of those parasites and bloodsuckers
who are lying to you all the time

my work is very strange
it is a work of innocence and love
and these are the most feared things in the world
knowledge can fight knowledge
i have nothing but innocence
it is dangerous
because you cannot fight a person who is innocent
you cannot fight love
you can hide from love
but you cannot fight it
and a person of love and innocence in this world today
is far more dangerous
than all the people in power and with vested interests
innocence does nothing in itself
it simply exposes the lies
and the lies will collapse
and what is revealed is the truth of your inner beauty

very strange phenomenon
why people are so afraid of me ?
i am simply an ordinary person
but this innocence...silence...and people are afraid

aakash here...he is translating...he said you must come to ukraine
so i said yes...absolutely yes...i am coming to ukraine
and i thank you all for such a beautiful and loving welcome
whenever i go to any place i have only one insistence
that all my events are to be done in nature...
near a river...in a forest...the open sky...
so they have organised a tour of ukraine

we are here to share our love
it is not a business for me
i have no needs whatsoever
all the people who create these events work very hard
first to invite me then to find nice natural environments for meditation
and keep the cost affordable for everybody
we will have a very beautiful tour
they have managed with great effort
whosoever can come and be with us
do not miss the opportunity
normally they are saying do not miss...
i am saying do not miss the opportunity...
hmm ?

i do not know when i can come again
i have promised people in south america...
in canada...in australia...in asia...
i am one man
not so easy to create these events
whoever can join...join...

question *i spent the last week in a very beautiful place surrounded by mountains and forest...we have been meditating in the day and night also we made some drawings according to the state of meditation and many of us felt very happy...we go to sleep under the sky... under the stars...but the time comes to go back to our places in kiev in this place in kiev our obligations and work and such things are waiting for us...sometimes i understand that i have to play this game because i have no idea how to remain in the forest forever...but i start to lose the state day after day...i become tired... frustrated...i have a headache... no time to have a conversation with my friends...i lost this silence whatever i gained in this forest...what to do with this ? how to take what i gained in forest back to city ?*

every person on the search
always comes across the same situation...
how to balance the inner with the outer
how to balance the inner silence with the outer world...

when we come back to the world
this is the test of your silence
i say it clearly
if your silence is authentic
if you have come to the state of inner understanding
then you can go right to the middle of the city
and that city centre will remind you more of your silence than of noise

there comes a moment in your inner being
when that silent explosion happens
you can go underground in the metro
and all you will feel and hear is the silence within you
it is a great test
so do not be frustrated
it is creating a beautiful contrast for you

on a blackboard you need to write with white chalk
so enjoy the beauty of the mountains and the rivers and the forest
and when you come back to the world
if you are very alert and sensitive
you will be carrying it silently as an undercurrent within you
that is why i say continuously
there is no such thing as meditation being done
it is meditateness

you can watch my actions and my gestures
i am in the middle of the market place
i am walking in the middle of ukraine...in the airports...
travelling the whole world...in all the noise...
but something within me
is so deeply silent
it moves silently within me
the silence you have found in the mountains...
in the rivers...in the forest...
continuously moves within you
as a current in the midst of all the noise

i am traveling three years...nothing can touch me
you can put me in the middle of the market
my ecstasy will go far deeper
because the noise will be so much
and my silence will be so strong...
the contrast is so great
it has happened...
i am walking in the middle of the street in russia...slowly
the people are stopping...what is wrong with this man ?
how come this meditateness ?
i am in the middle of the airport and people are stunned...
what is going on here ?



they cannot drown your silence
you can drown their noise ! easy !!
silence is so powerful
it is so magnetic
that all the noise will look foolish in front of it
wherever i go...i am not defeated by the noise
they are defeated by my silence

look the other way round
when you come back to the city express that joy
feel the silence in your actions...
move gracefully...
go to your office and work gracefully...
bring your meditative presence into your actions
and all the people will ask you what happened to you
you just remain silent
your silence can trigger people

you have to be around me for a little while
and you will understand
i will show you how to be in the middle of the market
carrying something magnetically silent and strong within you
that is the difference
and it is not a great difference
just how to transform your silence into action
how to move meditatively
and the greater the contrast the easier for you

when you see many mad people around you
if you are sane...your sanity will show more
you see what i am saying ?
change the emphasis
do not be afraid of the world
let the world be afraid of you !
the world is so unloving...so greedy...so filled with anguish
you simply look at them innocently

they will be surprised by looking at your eyes
what kind of person are you ?
have you seen a baby ?
all the grown ups are jealous when they look at the face of a child
he is just giggling...hahahaha
and even the presidents and the prime ministers
and the powerful people look at that little child with envy...
be a mystic and you will understand...everything is possible

question *is your state of being a peaceful state of your soul
or it assumes the point of balance inside you ?
is it a state of peacefulness or is it a state of balance ?*

nothing is permanent
there is no perfect balance forever
perfect balance forever means death
life is movement
yes and no...good and bad...
this movement is constant

the whole world is a lesson in movement
nothing is constant in me
i have to find it every moment
i have to attain to that state every moment
that is why i am alive
deepening the balance moment to moment...moment to moment...

there is a certain point where the balance always remains
as an undercurrent
you can easily understand...a deepening of balance
but each time you deepen to a new state
a new sky opens
and again you have to find balance

the higher you go and the deeper you go
at each and every layer...you have to find balance...
the higher you go the more the balance
not the other way round
the higher you go the more balance you need

it is like walking on a tightrope
the higher you go your skill has to deepen more
in fact that is a beautiful word...responsibility...
the higher you go in spiritual growth
the deeper the balance...the more responsibility
so it is not constant

constant is only dead
i am in a flux...moving...
finding balance every moment makes me alert
it makes me enjoy the beauty of life

in each moment i need to respond
and find the deepest sense of balance in that moment
that has become my way of living
always alert...
like walking on a tightrope...
have you seen me walking ?
very slowly...
that is my balance for the moment
nothing constant

and i am not perfect...i am not stupid !
i am perfectly imperfect...i am simply human
i am not a perfectionist
each moment has its own beauty
and it need not be perfect
in how many dimensions will you find perfection ?
at which level of life will you find perfection ?
in the material plane ? emotional plane ?
in your relationships with others ?
in the spiritual plane ?
all different levels of human consciousness
so many layers of understanding...
things can never be perfect...it is impossible

but you can learn to live in the moment
accepting everything as it is
because you are not a perfectionist
you are simply an ordinary person
pulsating your life totally the way you are
people who are perfectionists want to control everything around them
they want to dominate each and every aspect of their life
they do not adjust to others...everybody must adjust to them
the perfectionist wants things perfect
you are not important
these are the idiotic people
i am perfectly imperfect
and i am never right

i am always wrong
because i give way to the other
if i am content where i am...
if i am happy where i am...
and i see the other in misery
i give the other person first chance
you understand ?

always give way to others
enjoy their happiness
you are happy in their bliss
just be easy and life will give you so many treasures
when you are at ease with life

question *can you sing a song ?*

with great difficulty i have you sitting here
if i start singing you will all run away !
do not take such a risk !!
but in our tour
we have a beautiful singer coming
her name is tanmayo
she is coming especially for the tour
and somewhere in the back is ojas
where is he ?

there is a beautiful groovy guy
he is ojas
he is a great musician
so we will have some live evening music
some experiments
hmm mm
thank you ojas !

question *please tell us what is your attitude toward peoples sins or what is bad...*

no sins !
sin ?
all the juicy people are sinners
sin is nothing but others judgment...
that you are enjoying yourself too much...
there is no sin but unconsciousness and consciousness
everything that is done unconsciously is a sin
it is not a question of good or bad
even your good intentions
to help another can be a sin
when it is done unconsciously...
when it is done out of greed...

if you are super conscious
and you let a person fall
that will not be a sin
because you allowed the person to fall
you know he is going to stand up
he will find the balance
he will walk

the do gooder will give you a stick to hold onto so you do not fall again
ah...he is such a nice man...he gave you one stick so you do not fall
the whole life you got a stick now !
all these good people are creating handicaps within you
they are your handicaps
all these good people are creating guilt within you
these are the sinners

the so called sinners are just drunkards...
smoking a few cigarettes...chasing a few women...
just innocent sins...
and they are called sinners...
they are living their lives !

the person who is finding your sin wants to do what you are doing...
but he does not have the guts
i am supporting sinners
all sinners are my friends
all holy people run away
they are parasites...hypocrites...creating guilt in others...

i detest non sinners
all these holy people are creating misery in the world...
comparison...judgment...heaven and hell
what do you think god is
do you think god is heaven ?
absolutely not !!
god is creating hell !!

if you have god you have to have heaven
the moment you have heaven you have to have hell
heaven without hell has no meaning
if god exists he has to create the devil
without him he cannot judge the people

just imagine heaven...how it can exist ?
if you have a heaven you need an embassy
then you need a diplomat...
then you need a visa...
and then you need control...
god...the priests...the popes...
the teachers...the cardinals...
what will happen with the person going to hell ?
he has to be kept in some waiting room...
so you need the police...and the inspectors...
and the judges...and the courts...
who is the greatest most responsible criminal here ?
the non sinner called god
god has created this hell !

there is no such thing as sin
life is so beautiful
how many sins can you commit that you will go to hell ?
sin as much as you can
and the people who are not sinning teach them a few sins
let them enjoy also a little bit
there is no sin in the world...
just people enjoying...innocently...
do you enjoy sinning ?
start enjoying !!

question *i would like to ask one more question about this topic...
what about morality decency ? if you say there are no
sinners...no good peoples...no saints...
when you talk about such simple people who drink vodka
and smoking i understand but what about people who can
harm other people ? who can destroy ? kill ? who are really
dangerous...what about them ? the real criminals...*

anybody who is not blissful in himself
is going to do something miserable for another person
it is as simple as that
anybody who is put under pressure
sooner or later will become a criminal
the society...the world we live in...is not compassionate enough
the person who is a criminal
perhaps is the weakest in society
that he has been influenced wrongly

just understand what i am saying to you
if you are strong
you cannot be influenced wrongly
the person who is the weakest can be influenced to do something wrong



society should have more compassion towards these weak people
and not judge them straight away
you should understand the cause
why is he doing this ?
nobody does things without reason
somewhere the society is responsible for that persons actions
somewhere the conditions in society
are not helping that individual to behave in a loving manner
no child is born a criminal
something goes wrong along the way
the influences of the world
the pressures of the world

this uncompassionate inhumane society
drives these people to this madness
so these people need more love...
more attention...
we need to take more care of these people
please understand
these are the weaker people in the world

you can see in the united states of america...
eighty percent of the people in jail...
eighty percent of the people in jail are black americans
do you think that there is something wrong with them ?
or do you think the society has forced these people
into poverty and small petty crimes ?

all crimes are from unconsciousness and inner misery
how to make people more blissful ?
how to create more love in our world ?
i would not blame these people
i would be careful to blame these people and label them criminals

a very strange experience happened to lao tsu
one man went and robbed a rich mans house
and lao tsu was asked to make a judgment
on the person who stole from the rich mans house
lao tsu said...five years jail for the person whose house it is
and one year jail for the criminal...
the person who has stolen one year jail
and the rich man gets five years jail !!
we have to be very alert
how we judge our so called criminals
they do not need prisons...they need love
you cannot change a prisoner by threatening him more
he will become harder

what makes you a criminal is that you got caught
that is the crime !
if you did not get caught...you are not a criminal !
the one who does not get caught is a true criminal
so the people who are in jails are stupid criminals
they are not good enough !
a real criminal does not get caught

and then there are the politicians...
one nuclear bomb on nagasaki and hiroshima
millions of people died with one button
this president has pushed the button
and killed a million innocent people
what is his sin ?

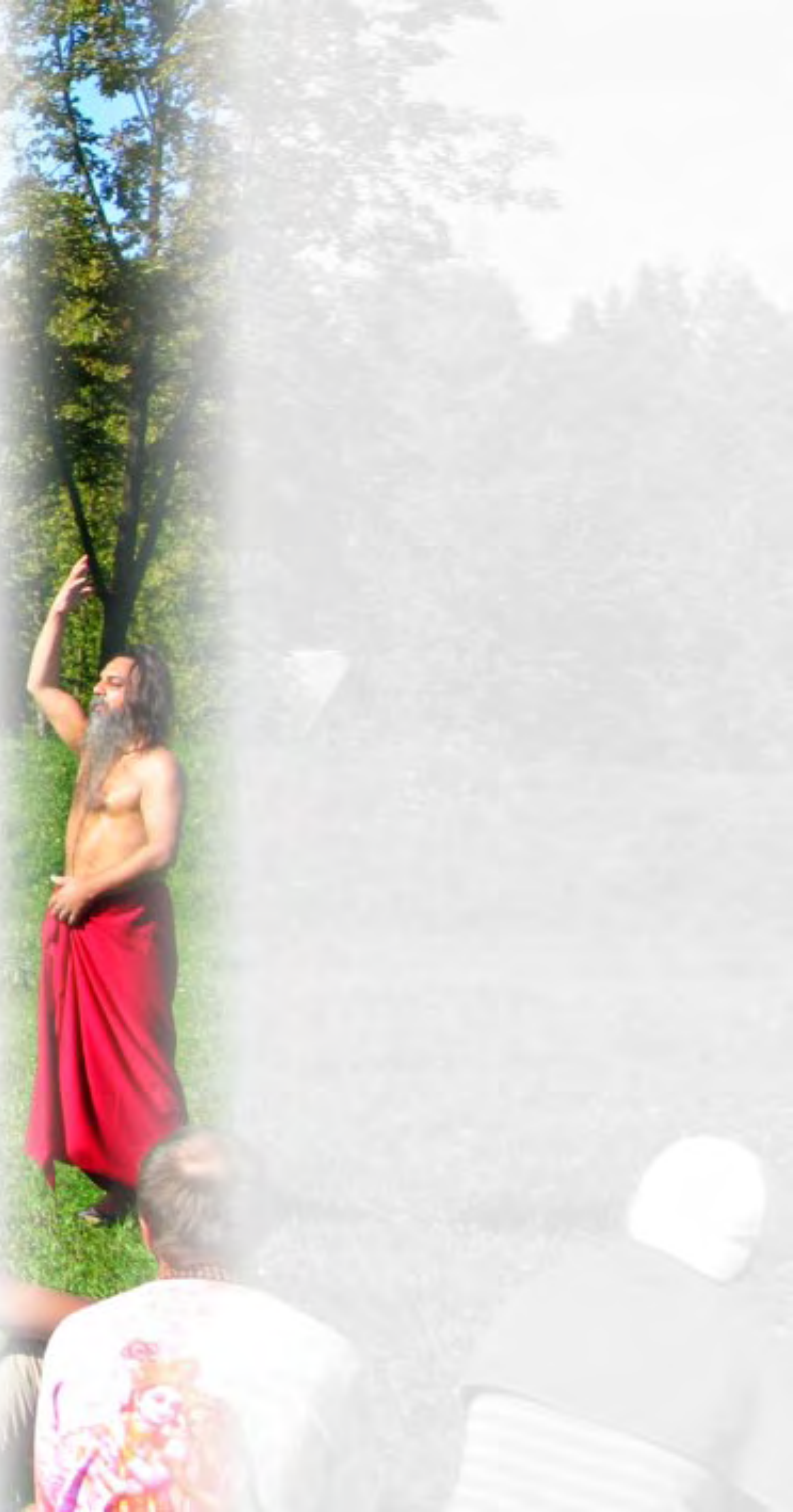
you can see all the wars
where great killings have happened
licensed people with guns
we call them army and police
they are allowed to kill
is that not murder ?

think carefully...be more alert
start questioning who are the criminals
and who create these criminals
the crime creators are the priests and the politicians
i am not against the individual criminal at all
i am against these collective criminals...
the politicians and the priests who create guilt in you
look deeper into the layers of society
do not just look at the cause
see where it came from

it is important to know
why that human being did what he did...
if you have not understood this
and simply put that person in jail
then you are as mad as that person
because you have not given a solution for this crime
you are simply punishing him
punishment is not a solution

i am not against the criminal
i am against misunderstanding...
and not trying to understand the criminal...
turning a blind eye to that poor mans misery
when you turn a blind eye to someones misery
you are adding crime
strange ?

too many serious topics
any jokes around here ?





ukraine
kiev
10 august 2010

welcome
this is our first meeting
it takes time to get acquainted
with anything that is new and mysterious
you must be wondering what you are all doing here
this man is dancing...
what are we doing ?

it is new and unfamiliar
it is the search of the state of nomind
the mystic is one who is searching a state
a state where mind simply disappears

that is the opening of the inner mystic within you
it is not a search for knowledge and information
but for that innocent silent space
and how to touch the beyond within you

anybody can communicate words
anybody can transfer information
anybody can give you techniques of meditation

i am not a group leader or a therapist
i am a mystic
i create a silent pool of stillness
and slowly slowly raise that pool higher and higher and higher
till we touch the very peak in you
and the moment you reach that peak experience
that orgasmic peak...everything stops
everything becomes silent
and the sky above you opens
and your presence filters within you

slowly slowly it settles in your body
and you begin to feel this presence of yours
it creates a deep silence within you...a stillness...
it settles deep into a state of meditateness
do you understand ?

this is not simply sitting in meditation
this is peaking the energy to the state of nomind
and allowing it to settle into a deep state of stillness

in that state sitting is so effortless
it is connected to the peak within you
the peak and the valley...
if these two spaces in you can meet
you will understand your vertical presence
you will understand this moment
and you understand this pulse of life
that is given to you moment to moment

this is the experience i am trying to transmit to you
i can speak to you...it is very easy
but my dance allows you to experience your totality

it is an energetic transformation
i am an energetic message
we are living flames of life
and we are here to experience our vertical presence

talk is very easy
everybody talks about truth
such rubbish !
how to come to that state of utter silence within you ?
there is only one way
there is only one window
and that window is taking your energy vertically higher and higher
this is the vertical transformation of energy

understanding transformation
is energetic movement and flow in the herenow
it is not becoming a better person
it is not changing you in any way
you are not to become another
you are not to try to change into something else
understand that you are perfect already
just the way you are herenow

it will transform you
and you will simply be the way you are
do not add anything extra to you
understand the inner process
of raising your energy higher and higher

in the next few days i will keep bringing you back to you
i am not here to give you any information
i am not a teacher and i have nothing to say
there will be a qualitative inner understanding
of what you already have within you
you are carrying all this within you
you do not need to add anything

hence with me it will be a little different
you will become confused
you are so used to learning
you are so used to adding
so used to becoming better
trying to be better
trying to change yourself

because nobody accepts you the way you are !

you have forgotten the inner language of transformation
it will take some time to become acquainted
because you have been hypnotised
you have been lied to by all these teachers
that you are not enough unto yourself

i am here to show you clearly
that you are enough unto yourself
the buddha that is within you is sleeping
it is very easy to awaken it
you do not need to add anything...please !
you have too much knowledge !
you know too much !
drop it...forget it...it is not worth it

live this moment in its totality
and drink from this well...deeper and higher
the inner is utterly simple
so silent and innocent...
do not forget the inner search...
do not get lost in the outer...

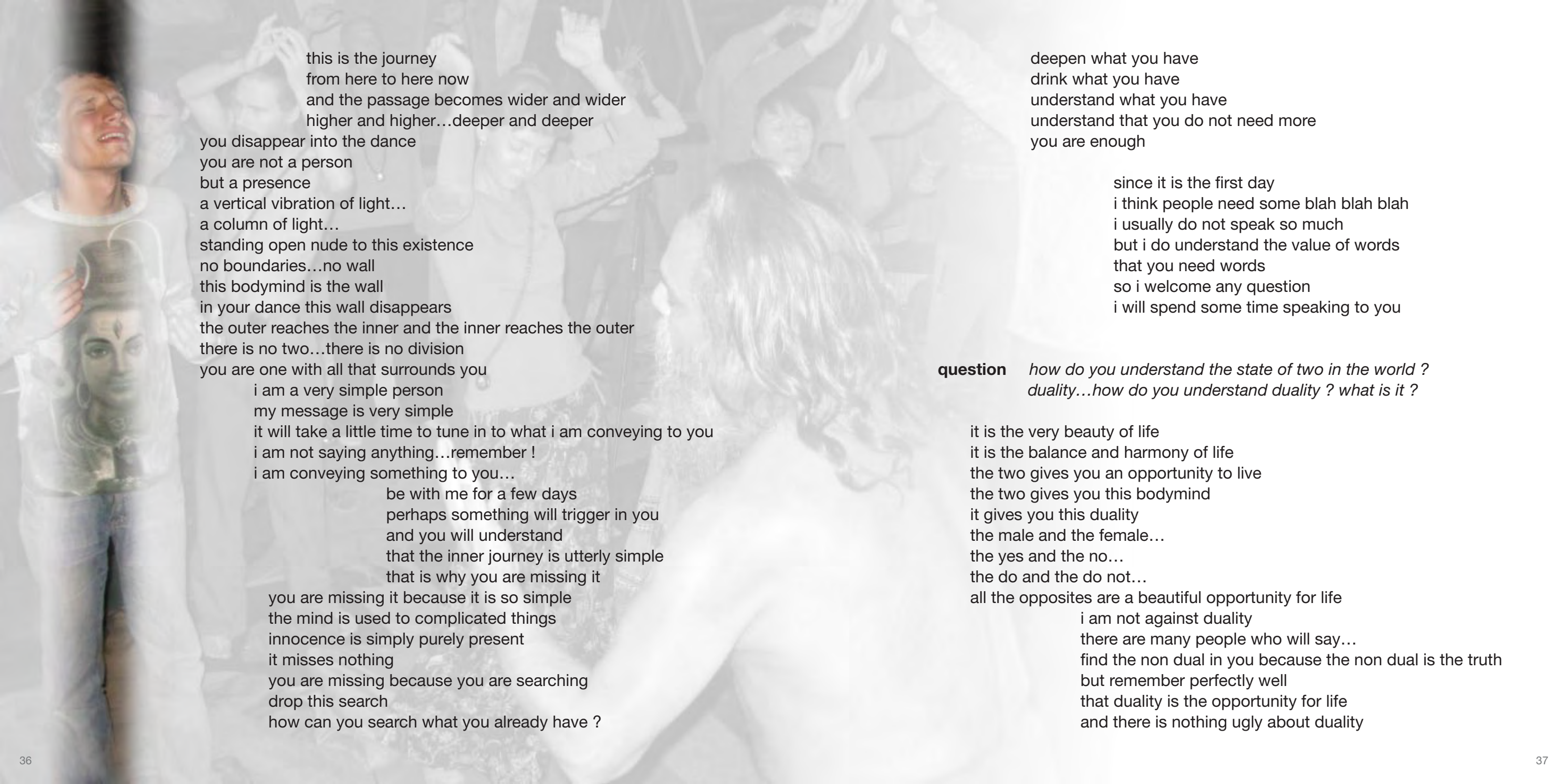
you are trained to search outside
you are used to group leaders and therapists and informers
i have no information to give you so do not waste your time
if you want to experience yourself and the taste of you
then come and dance with me

and slowly slowly something will trigger in you
you are already carrying it
a deep remembrance
something within you will trigger
i trigger peoples vertical presence
in my innocent dance and few words...blah blah blah

but remember nothing is contained in the words
you can learn that water is h and 2 and o
two drops of hydrogen...one of oxygen...
but you need to drink the water to know what is water
i am here to pour water into you

so please try to understand
and i welcome all you beautiful people
it will take some time
the time is only necessary because you do not know
the inner innocence that you are carrying
that what you do not know is your innocent treasure
hidden within you
the moment you will know you will know that you really do not know
it is not something that you learn but something you unlearn
and the ultimate key is innocence
a deep silence
a total contentment
utter stillness
and carrying the taste of aah...the taste of innocence

next time we dance do not miss the opportunity to dance
i do not know an easier way
create a pool of energy
take it higher and higher...come to the peak
stop
drink it down...let it settle




this is the journey
from here to here now
and the passage becomes wider and wider
higher and higher...deeper and deeper
you disappear into the dance
you are not a person
but a presence
a vertical vibration of light...
a column of light...
standing open nude to this existence
no boundaries...no wall
this bodymind is the wall
in your dance this wall disappears
the outer reaches the inner and the inner reaches the outer
there is no two...there is no division
you are one with all that surrounds you
i am a very simple person
my message is very simple
it will take a little time to tune in to what i am conveying to you
i am not saying anything...remember !
i am conveying something to you...
 be with me for a few days
 perhaps something will trigger in you
 and you will understand
 that the inner journey is utterly simple
 that is why you are missing it
you are missing it because it is so simple
the mind is used to complicated things
innocence is simply purely present
it misses nothing
you are missing because you are searching
drop this search
how can you search what you already have ?

deepen what you have
drink what you have
understand what you have
understand that you do not need more
you are enough

since it is the first day
i think people need some blah blah blah
i usually do not speak so much
but i do understand the value of words
that you need words
so i welcome any question
i will spend some time speaking to you

question *how do you understand the state of two in the world ?
duality...how do you understand duality ? what is it ?*

it is the very beauty of life
it is the balance and harmony of life
the two gives you an opportunity to live
the two gives you this bodymind
it gives you this duality
the male and the female...
the yes and the no...
the do and the do not...
all the opposites are a beautiful opportunity for life
i am not against duality
there are many people who will say...
find the non dual in you because the non dual is the truth
but remember perfectly well
that duality is the opportunity for life
and there is nothing ugly about duality



understand the duality of life
understand this vast experience of this world
understand this duality...it creates harmony
how to understand the harmony between the two ?
how to find the balance within the opposites ?
you become infinitely richer
if you had just one it would have no meaning in itself
but if you have two
learning the balance of the two
you find the third
forget about two...find the third !

a wise person does not deny the opposites
he transcends them with understanding
he finds the golden mean
he finds the balance
and then there is no duality
but a trimurti...three
the one that transcends the two
respect duality
live your duality totally
live so totally that by living it you transcend it
it is very important
this particular question
because there is a great group of teachers
who keep denying the opposites
they say you are living in a dream
you are living in illusion
you are living in the body
you are living in the mind...
they do not understand that you need to live !
what about living totally ?
then the mind disappears
living totally...this duality becomes one

understand duality and the beauty of life
then it is not duality but a great celebration
a great experience

there is this movement called advaita
they deny the two
they say there is only one...only this is the truth
they say duality is dragging you down into the world...
they do not know how to live their lives !
the one cannot be supported without the two...
without this two the one is not able to live...
so this advaita movement
is very puristic...very perfect...but it is totally abstract
it has no reality in the world

truth is lived in the world
you need to live in the world so deeply so you transcend duality
and there is nothing ugly about transcendence
it does not deny the opposite
it accepts the opposites totally
and understands the middle path

hence you have a body and you have a no body
you have life and you have truth
balance truth with life
understand life and the truth that it contains within it
understand body and the being...matter and spirit
find the balance and enjoy both the worlds

this is what osho says
this very place the lotus paradise...
within this world is the garden of eden
within this world is heaven hidden
you have to understand life itself so deeply
that you understand that heaven is here now

once you understand this
you are living in paradise
because there is nothing more than life itself
and this duality has been given to you as a gift from existence
to experiment and learn and live

understand this duality
feel a deep gratitude towards existence
a deep acceptance of yourself the way you are
and yet realising that contained within you is a hidden treasure
then you will have no guilt and misery while you are living in this world
and this world and everything becomes a blessing
hmmm?

question *how to get rid of misery and just be happy ?*

who taught you this
how to get rid of misery ?
it is like you are walking and the sun is shining
and you are seeing a shadow
and you keep looking at your shadow
and you think the shadow is your misery following you...
wherever you are going
how to get rid of the shadow ?

you cannot get rid of something that does not exist !
you are dreaming that you are in misery
that misery is there because you are not celebrating
when you are celebrating and dancing
you will see there is no misery
when you are celebrating you do not look for shadows
the shadow is simply there
it is not you

how to bring in the light of blissfulness and not to fight with shadows ?
live your life and transform everything into blissfulness
ask how to transform everything into light...
how to transform everything into bliss...
everything that you carry within you
can be transformed into higher and higher states

where is the misery ?
when you are in orgasm do you see misery ?
you are in such bliss...
even you are not there...
who is there to find the misery ?
you have no misery
and if you believe there is misery
then you will start analysing the misery...of course !
it is darkness...do not fight with darkness and shadows
there is no shadow when you know how to live
i have not seen any misery
anybody please show me some misery
and i will evaporate it for you
just show me the misery !

i am saying life is a celebration
there is no misery...just some darkness
bring in the light of celebration
and do not solve it...it will dissolve on its own

i am not giving you a solution
i am not so stupid
i am dissolving it completely
there is no solution to misery
you can dance and let us see what happens
you can take a walk in nature
and let us see where it evaporates

when you keep looking at misery again and again
it becomes more and more real
and then of course you need a therapist or some teacher
to tell you how to solve this misery
i do not invest any time in solving misery
i devote all my time in creating a celebration
and when the celebration ends
i go around looking for the misery
it has run away somewhere else !
you understand ?

question *what is love ?*

which person has answered that question ?
must be really stupid !
i do not know what love is
neither i wish to know
please never ask this question to anybody
how can you answer such an infinite question ?
only one who does not know love will answer you

leave a few mysteries to live
do not answer every single question
leave a few questions unanswered
all i can say to you that love is that which dissolves you
love is that which makes you disappear
you are no more
and what remains is love...a simple innocent nobodiness
utterly disappeared and surrendered to the whole

what is the whole ?

it is pure love

what love is to you is so conditional

but love is an unconditional state of existence


this light showering all over the universe is the language of love and aliveness
ask the trees what is love
ask the flower what is love
ask the birds what is love and they will sing...
the flower will open and send its fragrance to you

you will remain mystified
your eyes will be open like a child
that innocent eye is love
it is wonder...
it is an open secret...
it leaves you vulnerable...innocent...sensitive and silent
it is the greatest mystery
and i hope it remains the eternal mystery !
let it always be the unknown
then the unknown becomes a pure celebration of love

question *i read your book and i want to know...is everything true ?
is it an autobiographical book ? about your mother and
everything you have written...is it true ?*

all lies...all lies !
my whole book is full of lies !
nothing can be contained in anything
it is maybe the autobiography of this body
but this body will not last so long

what i have known cannot be spoken or written in any book
this is why my book is a very strange book
the beginning of the book has blank pages
then come grey pages...then white pages...
that is the book itself !
this is the truth !
after this...all lies !!




if you get those first pages
do not read further
if you did not get it...then you have to read further

there was a great book of a sufi master...
he said nobody can open this book till i die
so all the disciples were waiting when they can read the book
the ultimate secret is lying there under his pillow...

so when the master died
the disciples quickly went underneath the pillow
and opened the book...
and page after page...all pages were white
they were shocked
nothing written in the book !
his whole life he was saying the ultimate truth is written in the book
all white pages...nothing written...
that is called the no book...the ultimate book

i do not agree with that book
because that master was not born a master
he was in the darkness and he found the light
how can it be a pure white book ?
so my first book begins with black
goes to white...
from darkness to light
and the rest is all rubbish...lies !

i am lying to you all the time here
these are all words
you are listening to words
you think i am here
do you think you are there ?
how you were born ?
suddenly you landed in kiev ?



are you this body ? this mind ? this emotion ?
who are you ?
if you are only bodymind you will die
so do not waste time anymore...commit suicide !

but if there is some consciousness within you
if there is a life source within you that is eternity
then where it came from ?

my book is not a autobiography
it is a love story of my search and the beauty of my master osho
it is a journey of how i died
and what was reborn in me
in reality...it was not reborn...it simply was watching all the time
the watcher became available to my consciousness

so basically the book is full of lies
some part may be resembling the truth
thirty years in a hundred pages !
just try to understand...
must be utter nonsense
but read the book
it will give you some clues
about how you can lie about truth
only lao tsu was very innocent
he said all that you hear about truth are lies
you cannot speak it

if you ask me which part is unreal
i tell you...everything is real !
i have never spoken a word of lie
because i have no reason
there are some people who have asked...
you have mentioned many experiences in your book...are these fabricated ?
there is no lie

i have uttered every single word of my physical body
and its realm of experience as innocently and openly like a child
my book has not been altered
no words have been changed
whatsoever i wrote came spontaneously
with only one request to the printer
not to change a single word...however it came...
no alteration...no correction...no addition...

question *i have some negative things in me and i wonder
what to do with my negative parts...to transform ?
to accept ? to love ? how to deal with my negative sides ?*

first thing
do not label...
do not judge yourself...
there is nothing negative in anybody
the negative is that which others do not accept in you
it is not acceptable to others
hence it becomes negative

do not label yourself
you are far beyond that small little label
you are such a vast being of light
to label any part of you in an ugly manner is not beautiful and correct
it is simply not true

that stone that is blocking you
is helping you create desire to overcome it
is it negative ?
perhaps it is the positive !
it is creating friction within you to transcend it
it is your friend in hiding

everything that you label negative in you
is your friend hiding within you...
is helping you move along
so it is not negative
it is a sleeping friend
understand that your dormant energy is your energy
make friends with it
accept it totally and you will see it dissolves
and becomes part of your positivity
everything within you can be transformed
to become your friend

just imagine a river that is flowing straight
pure boredom !
no movement to the left and to the right
just imagine that river flowing straight
how boring !!
hallelujah...hallelujah...
you need a little dance !

there comes one rock along the way and blocks you
and you have to move to the left
and when you move to the left...
the river has to move to the right...
and there comes another rock and you say
ah...i just battled with that guy and now you are here to trouble me
and then you have to move to the left...
and another stone and you have to move to the right...
these are your friends !
they are giving you life
it is not negative
you have to understand everything is part of your being
stop labelling
find the beauty and the strength in you
if you have to start labelling start seeing what is the beautiful in you

i can find one million points that are beautiful in you
and maybe you can find few points that are against you
but even those few are not against you
they are there for you to help you grow
that struggle will create the fire within you
in the end you realise that there is nothing negative

invest your time in seeing the beauty in you
but people do not see the beauty
because it is so invisible...it is so silent...
they can see the rocks easily
i do not bother about rocks
please...there is nothing negative

therapists and teachers are always there to point out your mistakes
their job is to find all the mistakes in you
these are teachers and dictators who are trying to put you down
they say...these are your mistakes...become better
these are your negative points...find a way out of it

i tell you...in this audience not a single person has any mistake
these are your conditionings given to you by others who do not like you
they have an interest in showing you your mistakes
they have an interest in showing you what is wrong in you

the mystic has no interest
his only interest is to make you fly and be free
you can ask the light
where is the darkness ?

wherever the light will go there is simply light
find the light within you
few dark corners are fun because what you will do the whole day ?
too much light !
you will have to look for some dark corners

do not label yourself
do not judge yourself
do not be your own enemy
this is why buddhas say accept yourself totally
understand your inner being with a deep inner trust
see the beauty in you
there is nothing else !

i am saying this because i have not found anything negative
neither in myself neither in anybody
they have not learned the knack how to transform energies that are sleeping
and how to awaken your whole potential
that is the art of transformation...not labelling and trying to change it

there is a vast difference and a great implication
and that is why i am against the therapists and group leaders and psychoanalysts
their whole business is invested in finding your faults...poor little person !
life is so short !
you have no time to live and breathe
and look at these people who are finding your faults...
they are more miserable than you are !
never allow anybody to dictate anything to you
do not allow anybody to pull you down

find people who lift you higher and higher and higher
do not accept judgments from anybody
they do not know themselves...how they can know you ?
and those who have known themselves
have only seen the beauty
utter beauty in human beings

question *your opinion is that everything consists of beauty
nothing bad...nothing negative...nothing wrong...
where is duality in this if nothing is wrong...
nothing is pain...nothing is bad ?
where is the duality in all this ?*

do you think i can answer seriously these questions ?
who says i am going to give you all the answers in one day ?
i have no answers !
i have no clue what i am saying
please do not think that i have answered everything
that everything is beautiful
i am saying everything is ugly
everything is miserable...
it depends where you are

i am not saying there is nothing ugly
i accept...everything is ugly
let us change the whole thing
everything is ugly and miserable

nobody has been able to answer any questions
all my answers are meaningless if they do not transform you
you have to make the answer work for you
for some even a stone is the answer

for some jesus is the answer
for some mohammed is the answer
for some buddha is the answer
i am saying...you are the answer
i say trust yourself first
trust your inner light first

understand what you have first
and then go to buddha or krishna or christ
because within you is the whole universe
within you is right and wrong
within you is heaven and hell
i am pointing the finger back to you
i am not making an answer...
that the whole world is beautiful and nothing is wrong
no my friend !
i have not given you any commandments
thou shalt not...thou shalt not...
i am not a heavy headed person
i am a very light fun loving and innocent little child
yes my friend ?

question *what do you think is laziness and absence of interest to life ?*

ah ha ! yes !
that is me !
that is the greatest state to be in...
utterly lazy...
no desires...
no dreams...
no goal...
just sleeping the whole day...



you are a buddha
pure laziness...
no effort...not even to find truth...not even to find god...not to find anything
do not make any meaning in life
do not begin
just stop from the very beginning !
this state is the state of enlightenment
you have already achieved everything
you have achieved life
the greatest achievement is already contained within you
you have life !

your five senses are functioning
why achieve more ?
nature has achieved life through you
you are living !
you want more achievement ?
you want a miracle ?
the miracle is present because you are living
see the miracle of life
the mind wants to add more
a few medals...some silver cross
i am a warrior...i am the president...i am the prime minister

you have life
that is enough unto itself !
understanding life and the flow of life is enough
please do not achieve anything
enlightenment is not an achievement
it is a drowning into the existential truth of life
that is already pulsating within you
it is feeling the pulse of life that is already within you
understanding the source of life and drowning gratefully into its silence
you have already achieved without achieving

the buddhas are the ones who have dropped achieving
so lazy...so content
totally herenow
just enjoying the breath
this pulse of life
aahhh...
perfect !
this is gratitude...that you have life
you do not need more
ask the person in the grave what is missing in you
he will say i have a big bank balance
i have my wife and my children...a mercedes and an airplane
i was the prime minister of ukraine
but i am now buried in this beautiful coffin
everything is there but only one thing is missing...
life...

you do not need to achieve
you have it all within you
just a little understanding
a little sense of humour also
and you will see that you do not need to add
just live your life lazy
no doing...no desire and you will laugh
that is me !

i am very lazy
the greatest qualification on earth...laziness
it is not an ordinary achievement...remember
do not undermine this word laziness...it is a very great word
people are too busy doing too many things
you cannot find a lazy person anymore
they do not even have time to breathe...they are so busy
a lazy man at least is breathing

last night i came to ukraine
i was sitting on the sofa and aakash said...
in two hours you have to go to satsang
i was just sitting there having my tea
i said tell me when one hour is left
he said now an hour is left to get ready to go satsang
the body is not moving...so lazy
okay okay people are waiting...so i better go

i am like this
because of you i have come
but if you are not here i would simply sit
i am a qualified lazy being
it is the greatest achievement in the world

question *if you have known the sense of things...
the sense of life...
what is really interesting for you ?
why you are living ?
what is the main interest in life for you ?*

i live in celebration
life is a dance and a celebration
i am only celebrating my life
everything is dancing
this silence is buzzing
this aliveness is so overwhelming
too much !
what can i say...
and it will never end for me
life is just a celebration
even without moving a millimetre

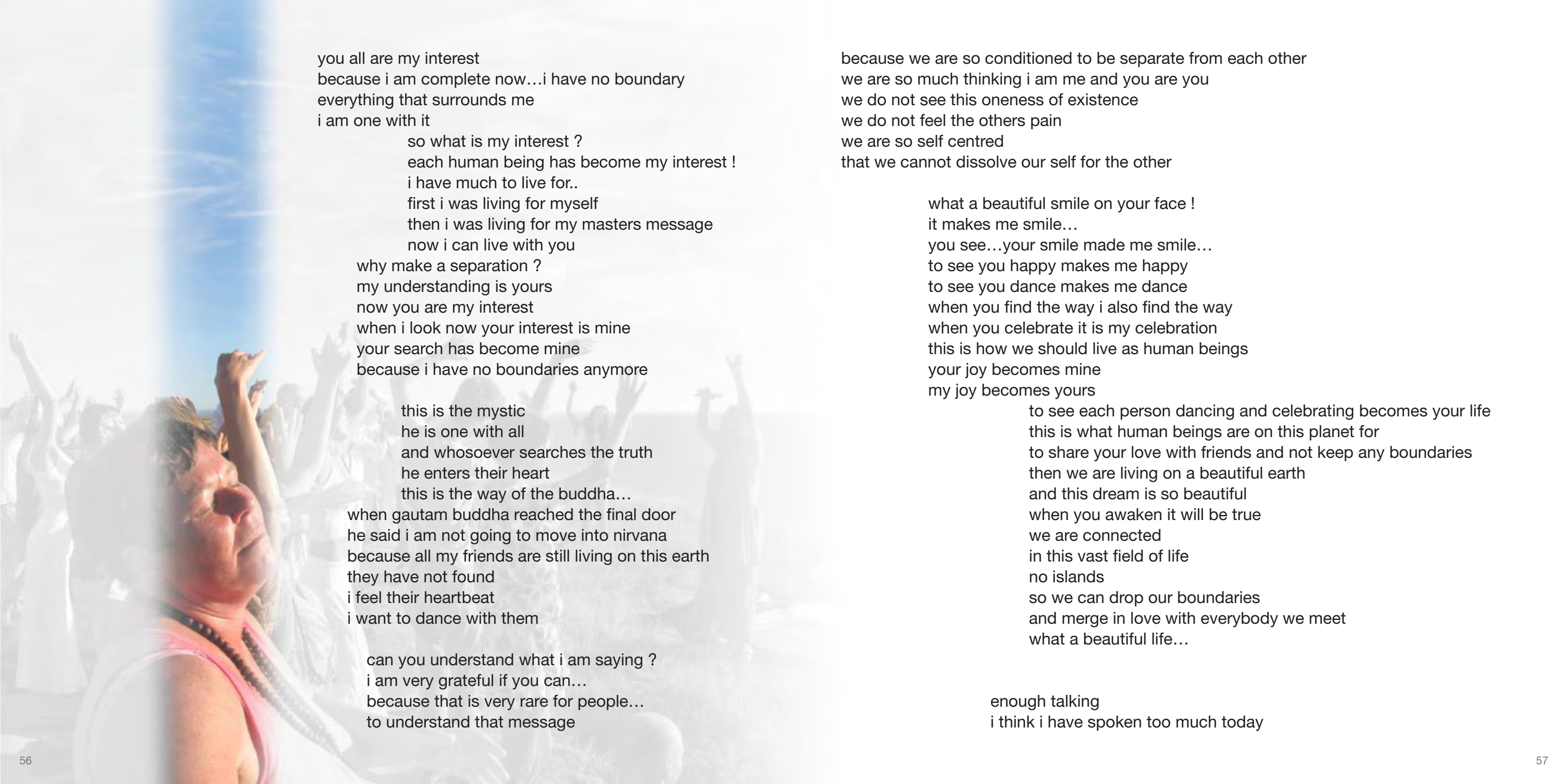
everything is still
and shssshhhh...this sound is so drowning
pure ecstasy of silence...
just beauty

i am going to live forever
life will continue forever
it will never end for me
that is the celebration
my celebration has begun
and i am with beautiful people
i am continuously dancing with people
celebrating and sharing

question *the one who knows himself and the one who knows everything
do you have some interests ?*

the one who knows himself is no more
i am you
you are me
why am i living ?
you are there
i am complete
i am no more
but you are me...she is me...he is me...
you are all me...
we are all together

if i am complete i have disappeared
but you are there
you are reflecting me
so i will dance with you...for you...
you are my interest



you all are my interest
because i am complete now...i have no boundary
everything that surrounds me
i am one with it

so what is my interest ?
each human being has become my interest !
i have much to live for..
first i was living for myself
then i was living for my masters message
now i can live with you

why make a separation ?
my understanding is yours
now you are my interest
when i look now your interest is mine
your search has become mine
because i have no boundaries anymore

this is the mystic
he is one with all
and whosoever searches the truth
he enters their heart
this is the way of the buddha...

when gautam buddha reached the final door
he said i am not going to move into nirvana
because all my friends are still living on this earth
they have not found
i feel their heartbeat
i want to dance with them

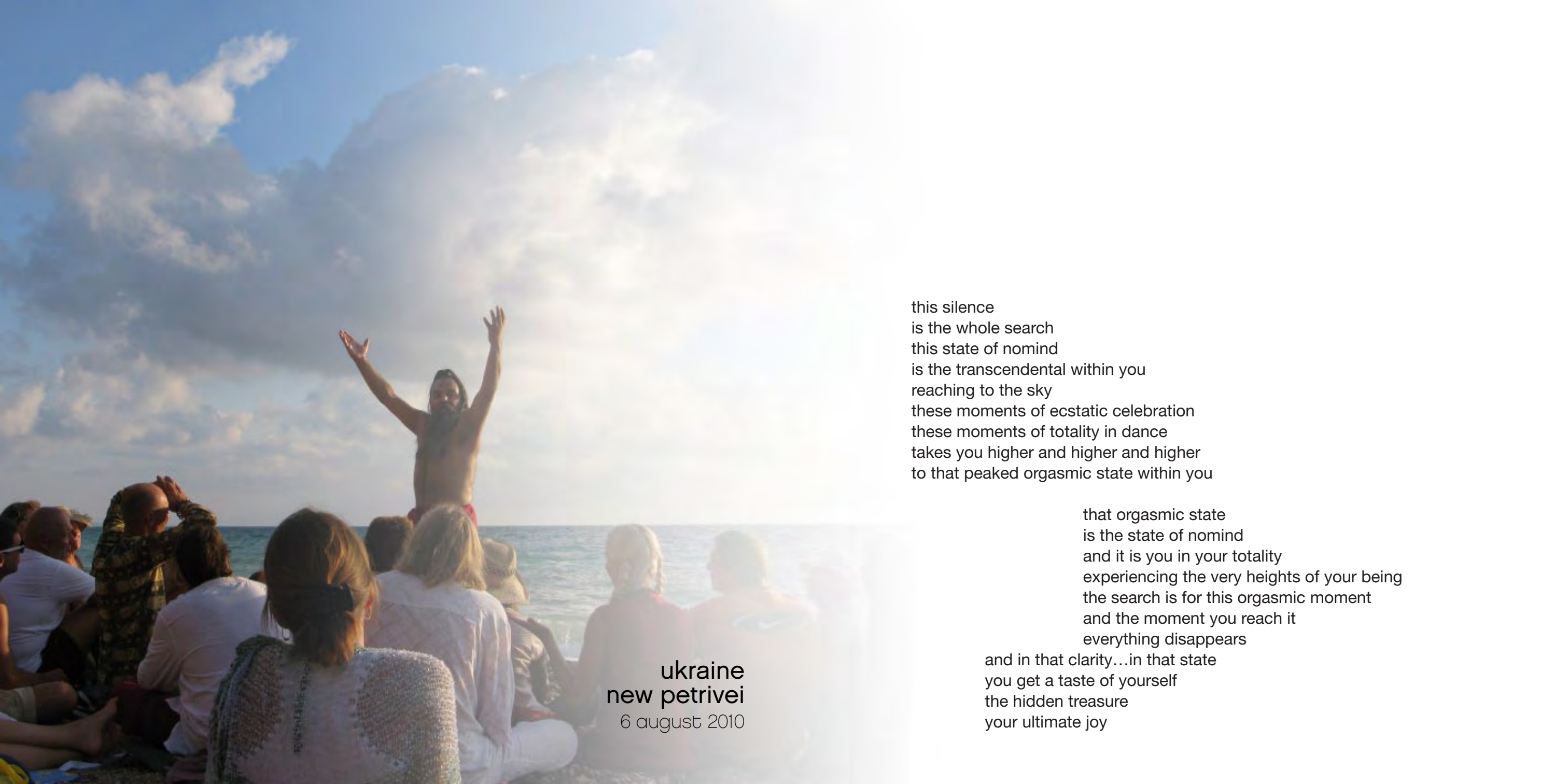
can you understand what i am saying ?
i am very grateful if you can...
because that is very rare for people...
to understand that message

because we are so conditioned to be separate from each other
we are so much thinking i am me and you are you
we do not see this oneness of existence
we do not feel the others pain
we are so self centred
that we cannot dissolve our self for the other

what a beautiful smile on your face !
it makes me smile...
you see...your smile made me smile...
to see you happy makes me happy
to see you dance makes me dance
when you find the way i also find the way
when you celebrate it is my celebration
this is how we should live as human beings
your joy becomes mine
my joy becomes yours

to see each person dancing and celebrating becomes your life
this is what human beings are on this planet for
to share your love with friends and not keep any boundaries
then we are living on a beautiful earth
and this dream is so beautiful
when you awaken it will be true
we are connected
in this vast field of life
no islands
so we can drop our boundaries
and merge in love with everybody we meet
what a beautiful life...

enough talking
i think i have spoken too much today




this silence
is the whole search
this state of nomind
is the transcendental within you
reaching to the sky
these moments of ecstatic celebration
these moments of totality in dance
takes you higher and higher and higher
to that peaked orgasmic state within you

that orgasmic state
is the state of nomind
and it is you in your totality
experiencing the very heights of your being
the search is for this orgasmic moment
and the moment you reach it
everything disappears

and in that clarity...in that state
you get a taste of yourself
the hidden treasure
your ultimate joy

ukraine
new petrivei
6 august 2010



to arrive to your enlightened state is utterly easy
it is just moving from here to here now
higher and higher within yourself
and the moment you reach the very peak
everything stops...becomes silent...
listen deeply and let it settle into your whole bodymind
this bodymind will drink it
and become utterly still and content

do you see how easy it is ?
just to get a taste of this
and the moment you understand
that all is within you present here
your whole life becomes relaxed and easy
you drop the struggle to become more
you stop the struggle to run here and run there...
searching for yourself
if you can understand the moment that is present within you
you have already arrived to the very buddha nature

it transforms you so deeply
you learn to trust this inner voice that is within you
and to deepen the experiencing of listening
toward your own inner self voice
truth is not outside you
you are the truth !
when you have arrived to this still silent moment
you are the truth...you are existence
the window is open
the sky is pouring and descending into you
you are not separate from the whole
but deeply connected to all that surrounds you
where is that window which gives you that experience ?

it is certainly not the mind
it is not an effort
it is a deep inner understanding
and a simple innocent taste
just like a child
these are states of bliss
and know perfectly well
that you are made of bliss

these next few days
being with me here...
from each and every door...
from each and every angle...
i will keep coming back to this simple message
if we do kundalini meditation
or dynamic or nadabrahma
or vipassana or laughing
everything will lead you back to the silent still centre
the easiest search is the search for truth

searching power...prestige...
desires...dreams...fulfillments...
all these are far away
and you need to make intense effort to achieve
the whole world is achieving...becoming...doing
all moving outside
how to stop running outside ?
and just in a deep inner understanding and let go
achieve the greatest treasure
the treasure of life
the truth that is contained within you
how to drown within yourself
and realise your inner beauty ?
it is so simple !

you do not need anybody
just a deep realisation...
an utter inner contentment...
and from that content state
whatsoever you will do in the outer journey
will become beautiful...graceful...
your life will have an inner ease and a quality of love
yes...you need to live the world
but live the world with the inner understanding
that you are not the world
first attain to yourself
master your inner stillness and your hidden potential
invest time in understanding what you are carrying
and now is the time because you have life within you
now is the time to dive in
it is a very simple easy process

i welcome you all
these next few days
whatsoever i have...i will share with you
the greatest treasure will be what i do not know...
the silent love...
my innocence...
and whatsoever i can offer you
from that innocent state
it is not a very big message
it is reducing knowledge
reducing what you know
slowly slowly...coming back home
diving into your inner mystery
whatsoever the world has taught you
that you are this...and you are that...
and these are your goals...and these are your dreams...

they have all mislead you
i am simply here to remind you
do not invest your time in meaningless outer games
first see what you are carrying...the truth of your inner being
it can only be realised when you are open...silent and innocent

question *is enlightenment something that a person can know for sure ?
have you felt any doubts in your own enlightenment ?*

ha ha ha ha

for sure i have a body
you can hit it and i feel it
that is for certain
i have a heart
you can open my body
and see the heart is present
that is certain

what i am trying to convey to you is
that the world of matter is certain
matter...mind...emotion
slowly slowly you go through subtler and subtler levels
you go to dream
you go deeper in dream into dreamless sleep...
you dive into the black hole...the unknowable...

the mind always doubts
because the mind only knows the mind and its content
this mind does not even know its emotions
the heart knows its emotions
the mind doubts the heart
the heart doubts the being

doubt is very natural
because you are trying to use the wrong instrument
to gauge something that it is not capable to understand
the mind cannot understand the heart
the heart can sense the being
but cannot understand the state of nomind
the mystic is one seeking subtler layers
 searching from the gross...the obvious...
 from what you can see...
 then going to a subtler level...feeling...
 drinking that which cannot be seen...
 diving deeper
 trying to reach the unknowable

 the moment you fall upon truth
 there is only doubt
 everything is doubt
 because it is such a new universe
 that you simply shake your head and say...really ?

 the mind...the heart...
 whatsoever you know...
 the moment you have this experience
 this whole foundation is shaken
 and all that remains is doubt

you ask a person...are you enlightened ?
he will hesitate...
really ? maybe i am not enlightened...maybe i am just dreaming...
how do you know you are awake ?
you fall asleep at night
and you have a beautiful dream that you become the king of ukraine
and you are riding on your horse and the chariots are moving
everything is perfectly good

do you know that you are sleeping when you are dreaming ?
if you knew you were sleeping when you are dreaming...
you would be awake !!
understand this
there is a greater awakening
yes...the mind will doubt
it will doubt everything because that is its function
i am not against doubting
doubt is a projection of the mind
so let it do its work
 but to transcend the mind...
 to fall into the unknown...that mystery...
 nothing can be said about it
 somebody who knows the truth
 and the light is filtered within
 he knows its presence but he cannot utter it
 he cannot take you beyond the doubt of the mind
 it is simply impossible

truth is a vertical experience
a vertical experience of light
the mind moves horizontal
truth moves vertical
they do not even know each other
doubt is perfectly good

 most masters speak about the value of doubt
 neti neti neti neti neti neti
 keep doubting...keep doubting...keep doubting...keep doubting...
 doubt everything...question everything...
 really question everything !
 what you see...is it true ?
 what you know...is it true ?
 what you have been taught...is it true ?

just a simple experiment
you are seeing me here
your right eye links to the left brain
you left eye links to the right brain
you see an image...criss cross
you are not even seeing me straight
right eye is telling this brain something
left eye is telling this brain something
you are cross eyed...

lose the sense of seeing through the eyes
and perhaps you will still see another universe
that is not filtered through these eyes
all your five senses are divided in two parts
this duality is the illusion
it says yes...it says no...
it says do...it says do not
are you seeing really what you are seeing ?
perhaps your dreams are more real

question again

i am not going to say that i do not doubt
but i know something that is beyond doubt

the moment i fell into this state...it was a vast black hole

i left my body

i saw my body lying below

and soon i came back

the doctors will say he is hallucinating

he is just on some drug

there is nothing outside this body

there is nothing beyond the mind

there is no soul

where is the soul ?

show me the soul

it cannot be answered but can be experienced

i am not against doubt
i am not here to say stop doubting that truth exists
doubt deeply !
start doubting what you know
begin from what you know...start questioning

great masters never give you answers
they create more and more doubt about what you know
they do not give you answers
they create more and more questions about the answers that you have
all the answers that you have are borrowed
they are filled with lies
but yet you accept those lies comfortably
that my name is alexander and i am born in ukraine
you do not doubt it...do you ?

start doubting what you know

and it will be a beautiful experience

start questioning everything that you know

and by reducing the known slowly slowly slowly
you will be left with nothing in your hand...

no answer to hold on to...

utterly confused the mind will collapse

and the truth will be revealed to you

start doubting

do not worry about whether i doubt my enlightened state

worry that you do not believe that you are enlightened

worry about what you know !

questioner *thank you*

hahahaha !

do not thank me so soon

the more you will get to know me you will want to kill me

do not thank me...people like me are very dangerous !

you lose your comfort
i am here to disturb your comfort
because if i cannot disturb that comfort
the search will never begin

so you do not know that i am a dead person sitting here ?
are you sure you are living ?
i am sure i died !
that is why i know i have come back

there is this very beautiful story of kabir
the fish is born in the ocean
it lives in the ocean so it never knows the ocean
it has never been separated from the ocean
it is born in the ocean...swims in the ocean...
ignores the ocean completely...
for the fish the water is all around
it is so close and it is so one with the water
it does not know it is life itself
but pull the fish out of the ocean
and suddenly it realises...my god
this is ocean !

this is the experience of death
you do not know you are living until you die
very strange !
and then it is too late
when you die you know you were living for the first time
my god...i was living !
but it is too late

death shows you life
that is why i am speaking of life continuously
because i was pulled out of my body
and i realised life exists

the watcher is watching
the source of life is the witness
and there is the body mind like a computer lying below
then i am not the body...not the mind...
i am something beyond the transcendental
watching the whole game of life

by some blessing i came back into the body
and from that day onwards my whole life was transformed
i saw the beauty of life that was pulsating within me
i dived deeper into its states of reality
and after almost twenty years
i have begun speaking about life
and the beauty of life
but had i not died
had i not seen the body separate
i would have been like the fish in the ocean

question *how long does it take to arrive to the state that you have now ?*

no time
it is an experience where no time exists
you are experiencing it all the time again and again
how to become aware of its presence ?
how to create the awareness that it is present around you ?
that does not need time

once the seed is opened and the roots are born
the roots and the trunk and the leaves start flowering
the whole question is a seed
does the seed know that moment ?
when the seed opens that moment has happened already...
how to deepen it is totally different

it does not take time to become enlightened
enlightenment happens instantly herenow
vertical...tsshuuu !
it strikes like lightning...
fills you with light...
and now you can wait forever
the first taste is crucial
to know that it exists
to know that you carry the state of enlightenment within you
then it will take some time for it to grow deeper...stronger...higher

outside time will exist
but for you...within yourself...a certain timelessness will be present
a certain silent presence
a deep inner trust guiding you through this passage of time
you know that you have become pregnant

you know the child will be born
you know the child will walk
you know the journey ahead
what is important is the pregnancy
it should happen
and the moment it happens
there is no more inner struggle

how long it took me to reach here ?
in real truth...
not a split second
not a split second !
no time is possible for this experience
it is vertical
the time that i spent after my illumination
has been deepening...deepening...deepening
stretching this vertical moment of time higher and higher

outside the body mind continues to evolve
but the inner pillar of light and its awareness
remain constantly present throughout these years
the watcher just remains watching
no difference...
just a deepening...
a heightening...
a broadening...

but the same taste of isness
has remained around me for the last thirty years
whosoever knows me
says you are exactly the same
the same taste
that you carried then
you are the same
hmm hmm

we are going to start meditation methods tomorrow
sometimes it is difficult to just explain things just verbally
but when i do certain meditation techniques
i show you what i am saying and you understand immediately
so be patient...wait
you will understand
because you need an outer explanation
to understand the inner experience
that is why i am here
but i keep repeating
it is very simple

people have translated enlightenment into something very difficult
i am just an ordinary human being
i am not great in any way at all
i do not even like that word great...
just an ordinary human being



just like the leaf on the tree
as simple as that
do not think that i am somebody very special
understand your ordinary self...unaltered
nature has given you such a beautiful body
it has given you senses...brains...eyes...ears...hands...
this whole body
this ordinary body is the ultimate miracle of existence itself

just see the magic of you
you are magic !
you are a magical being
understand your magic and the trust will deepen
and you will master yourself
and you will be a simple and innocent human being

spoken too much
enough jibber jabber for today



ukraine
new petrivei
7 august 2010

this silence...so sweet
everything is perfectly perfect
just this taste
that i am perfect
everything is perfect
when i am silent and still

just see the beauty of this simple statement
as easy as this
such an utterly beautiful understanding
in this state of silent stillness lies your hidden treasure
that is why we keep on missing it
we keep missing it
because we do not know this silence
we keep moving...
searching...
seeking...
desiring...
running...
always somewhere else
always away from your silent centre
always there...as if it is outside you

your inner contentment...
you are filled with it when you are home
just come back home
be filled with your silent presence
and see the beauty of this utter let go
no struggle
no desire
no dreams
just life pulsating within you

this experience is the simplest experience possible
for everything else you need to do...
you need to add...
you need to become...
for this experience you do not need anything
you do not even need yourself
that is why it is truth

when this body...this mind...this dreaming will fall
what will remain is a silent presence
you will come and you will go
this body will come and it will go
your thoughts and dreams and desires are continuously moving
see the unmoving space within you
that which will remain when you have gone
this is the search of the mystic
how to become more and more deeply acquainted
with your presence...
not with the person...the persona...
its mind...its dreaming
but who you are in your essential being

who are you ?
what is your real nature ?
that which will survive...that is your eternity

not knowing your eternity within you...you are very poor
you can achieve everything on the outside
but you have not even tasted yourself
you have not tasted the bliss...the beauty...your inner treasure...
everything is worthless if you do not even know who you are

you are life itself
you are the highest peak of evolution of existence
this life that has been given to you
has raised itself to the highest potential
you are not only human but you are divine
to understand this divineness within you...
to see this inner being of light...
just a single taste of it...
and you will realise...
what all the masters have been saying
what all the buddhas have been indicating to you
pointing this finger to the moon

you are a being of light
pure light...reflected...is you
find your immortal being
just see this simple message
how can you go on chasing dreams ?
these dreams are not yours
these dreams have been given to you from the outside
all these thoughts that you are carrying
have been fed to you from the outside
you have to become this...
this is your destiny...
you need to achieve this...
and a thousand and one goals are given to you
by your family...your friends...the society...the governments...

everybody is feeding you a future goal
wherever you look...
television...news...internet...shopping malls...
wherever you go...
dreams and dreams and dreams
are being sold to your head
you are filled with so many dreams...
so many thoughts of what you should be...
what you should become...
what is your future
slowly slowly all these parasite thoughts start entering you
entering your heart...
and you start dreaming...

i wish i had this house...

i wish i had that car...

i wish i had the power...

i wish i had that girlfriend...

i wish she was my wife...

i wish i had these children...

this poor little heart is crushed with all these millions of thoughts
to become...to be...to prove yourself
that you are somebody special

the poor little heart keeps absorbing all these ideas

and slowly you feel that these are your dreams

i dream to become the president...

i dream that i need that yacht...

that is my dream house...

all your dreams are nothing but fed lies into your small little head
and then you start believing that these are my dreams and my desires
the whole world is spinning all around you
a million and one thoughts are being fed into you
and the dreams do not stop
and this poor little heart needs to breathe eat and sleep

and here is your being
it gets one pulse of life
moment to moment...
just one little pulse of life
but so many dreams !
so many desires !
so much to do and to become !
and life is so fragile

you have no time left to breathe
too many goals...

who has time to breathe ?

who has time for life ?

one pulse...one pulse...one pulse...

few beautiful moments of life are given to you on this planet
and now you see why people have gone mad
one pulse at a time
a million dreams...
a trillion futures...
where can you run ?
you are filled with misery because you cannot achieve it
but in the first place it was not there to be achieved !

life does not expect you to become an achiever

life is coming to you

enjoy life...take a nice walk by the river...

enjoy your breathing...

relax and settle into your being...

utterly content and still...

but how can you remain still ?

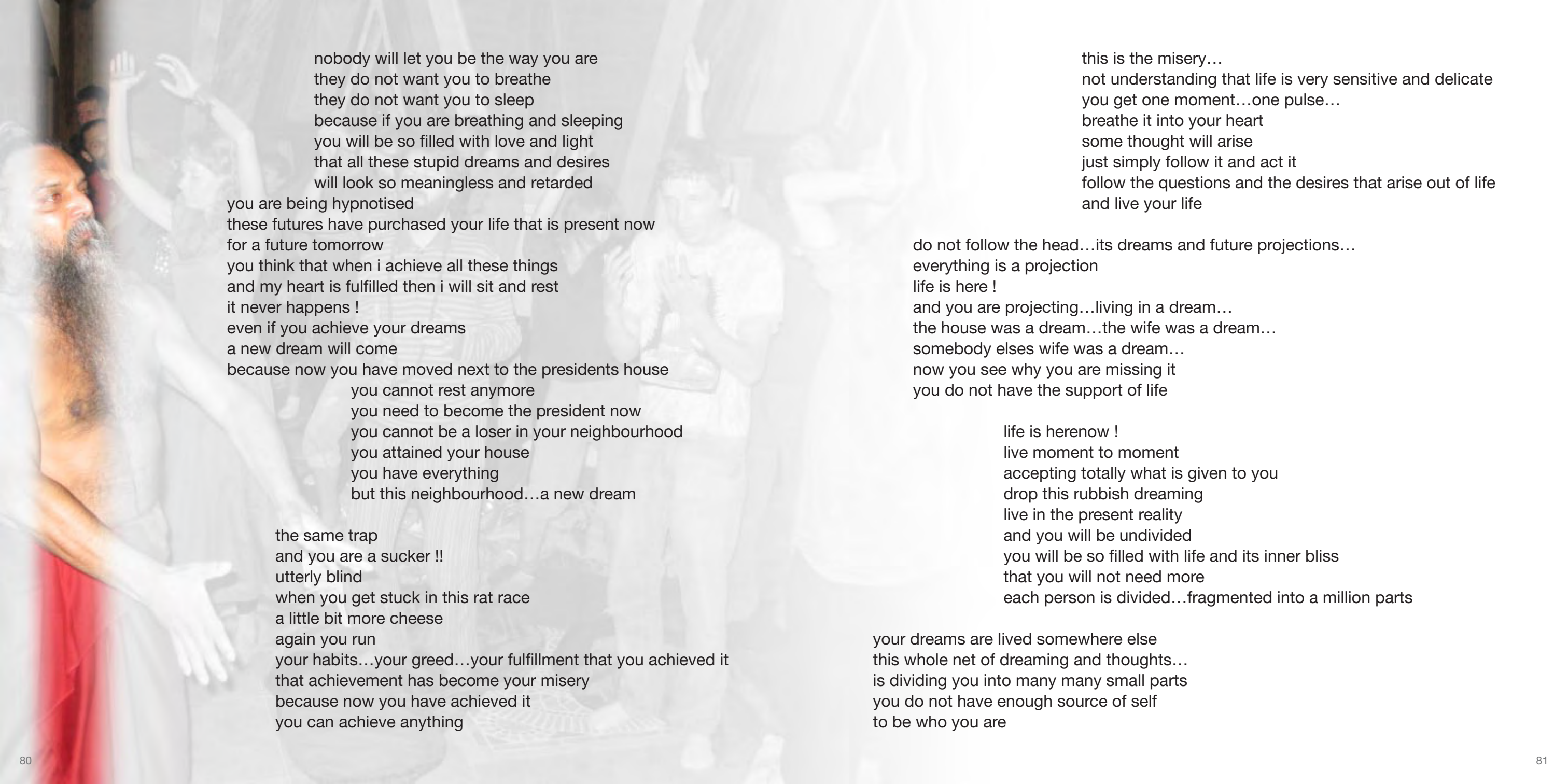
all these dreams !

so many responsibilities

the children need a car

they need a future

they need responsible parents



nobody will let you be the way you are
they do not want you to breathe
they do not want you to sleep
because if you are breathing and sleeping
you will be so filled with love and light
that all these stupid dreams and desires
will look so meaningless and retarded

you are being hypnotised
these futures have purchased your life that is present now
for a future tomorrow
you think that when i achieve all these things
and my heart is fulfilled then i will sit and rest
it never happens !
even if you achieve your dreams
a new dream will come
because now you have moved next to the presidents house
you cannot rest anymore
you need to become the president now
you cannot be a loser in your neighbourhood
you attained your house
you have everything
but this neighbourhood...a new dream

the same trap
and you are a sucker !!
utterly blind
when you get stuck in this rat race
a little bit more cheese
again you run
your habits...your greed...your fulfillment that you achieved it
that achievement has become your misery
because now you have achieved it
you can achieve anything

this is the misery...
not understanding that life is very sensitive and delicate
you get one moment...one pulse...
breathe it into your heart
some thought will arise
just simply follow it and act it
follow the questions and the desires that arise out of life
and live your life

do not follow the head...its dreams and future projections...
everything is a projection
life is here !
and you are projecting...living in a dream...
the house was a dream...the wife was a dream...
somebody elses wife was a dream...
now you see why you are missing it
you do not have the support of life

life is herenow !
live moment to moment
accepting totally what is given to you
drop this rubbish dreaming
live in the present reality
and you will be undivided
you will be so filled with life and its inner bliss
that you will not need more
each person is divided...fragmented into a million parts

your dreams are lived somewhere else
this whole net of dreaming and thoughts...
is dividing you into many many small parts
you do not have enough source of self
to be who you are

first be who you are
see what life has given to you
understand your sources of life
understand the relaxed breath...this peaked experience
and this open window will create a vision...
a certain clarity
and it will guide you and tell you
that these are important values in your life
these are your values
this is your life
this is your destiny

do not listen to what has been fed into your head
parasites do not know how to live their lives...they need suckers !
all these companies are selling you
your future is being sold
your whole life has been sold
you never lived because you need to fulfill your stupid dreams
whichever society you will go in
you will follow their dreams...their ideas...their stupidity
you have become a robot

become human
understand what is yours and what is not yours
do not fall into others traps
do not think that those minds are your mind
that these are your dreams
they are other peoples unlive life that they are filling into you
they tell you what you should be...to be responsible...
none of it !
you are not responsible for anything but the life that is within you
and that responsibility is not to anybody but to existence itself
another name for it is gratitude towards godliness that is present within you

you are responsible for life and your godliness
and the moment you follow your inner nature
you are not listening to god...
you are god in action !

that is your gratitude to this life that has entered you
follow it silently
live it deeply
and it will give you the peaked experience of fulfillment
follow your inner silent thread and you are god
follow others and you are a slave
you are a slave because it is borrowed
they are borrowing your time and your life

do not sell your life so cheaply
you are priceless !
value these moments of life deeply
they are your life
you choose your life
you choose your friends
it is your life !

you are not to live other peoples lives
they have their lives...they can live their lives...
you will see one strange phenomenon
that those who do not know how to live their lives
always tell you that you do not know how to live your life...
that you are wrong...

this is the trap
the word responsibility
the ugliest word in the world
be responsible to somebody...
are you not responsible to the life within you ?
since when have others become gods ?
and since when have you sold your life and future to others ?

be a rebel
question those who tell you what your responsibilities are
question them again and again
be careful of these parasites
you are not responsible for anybody but for your life
and once your life will flower
you will see the beauty
it will be pure compassion and a celebration
you will not impose yourself on anybody
you will want people to live their lives totally free
you are searching for the ultimate freedom

be free
start from freedom
this word is so valuable for the spirit
you are free
utterly free
choose wisely
it is your life

question *i want to ask about relationships and about responsibility
in relationship between woman and man...about marriage...
because osho was against marriage...*

really ??
osho is not against anything
he is for your freedom
freedom is first
and love out of freedom is freedom
that word responsibility simply does not arise
love is enough unto itself
that word responsibility is when things get ugly

when the love disappears
then it becomes a business...a barter
sincerity in love to your partner...whosoever it is...
is enough responsibility

he uses the word very wisely
responsibility means the ability to respond
now that is entirely different
the ability to respond moment to moment
is a spontaneous ability
going with the river
spontaneously
deciding moment to moment spontaneously

the word responsibility is already a title
already it is decided that this is responsible...this is not...
you have no ability to respond
you have to follow the marriage certificate
the priest has signed the document
the ambassador of god has signed the marriage certificate
so i am no more responsible to my lover
the priest is the authority now
i will have to lose my ability to respond
i will have to cut myself
put myself in a box

love is enough
your responding to love is such a beauty
it is not this word responsibility
you are not responsible
and when love came did it come with a tag ?
that it is coming today and i promise to live with it for ever and ever ?
it simply came and now it is gone
you are trying to catch it with a beautiful word
responsibility...be responsible...

osho is not against marriage
you can get married to your lover under a tree
you simply go with your lover to the tree...i love him...he loves me...
we are going to live together
some leaf will fall
that leaf falling...you pick it up and that is your certificate
why you need a priest to watch ?
who is he to give you the certificate ?
he does not even know you !
he cannot even handle his own marriage !
he is unqualified to give you a certificate with authority

love is authority unto itself
if you feel that there is sincerity
that you need to deepen your relationship
with a single individual then continue
because soul also needs a deepening
it is beautiful to grow your roots deeper and deeper with one being
sometimes it will be good...
sometimes it will be bad...
you have to give and take in a relationship
then marriage is perfectly beautiful

he is not against marriage
he is for freedom
if freedom comes with your marriage
how beautiful !
what a beauty !
you are not here to be jailed for life
love is not a crime
there is no court

you do not need to go to any church to get married
go to the sun...the moon...the stars...the river...the ocean...the trees...
and you decide with your lover that today is the day

and i will be as sincere as possible to you
your sincerity will deepen you as a human being
your sincerity in your love to your partner will reflect your authenticity
so then it is so beautiful
to be with one person and to be total
and hope for the best

no need for marriage
you have the authority
marriage means you are not certain
if you are certain
that i am going to live with this man my whole life
you will say...what a joke !
i do not need certificate...i can certify you...
my love is certificate enough !

osho is against imprisonment
you are free
you are a free being of light
searching the ultimate freedom

to reach the ultimate state of freedom
you must be free
no chains...
nothing...
no rules...
no obedience...
freedom towards the ultimate freedom

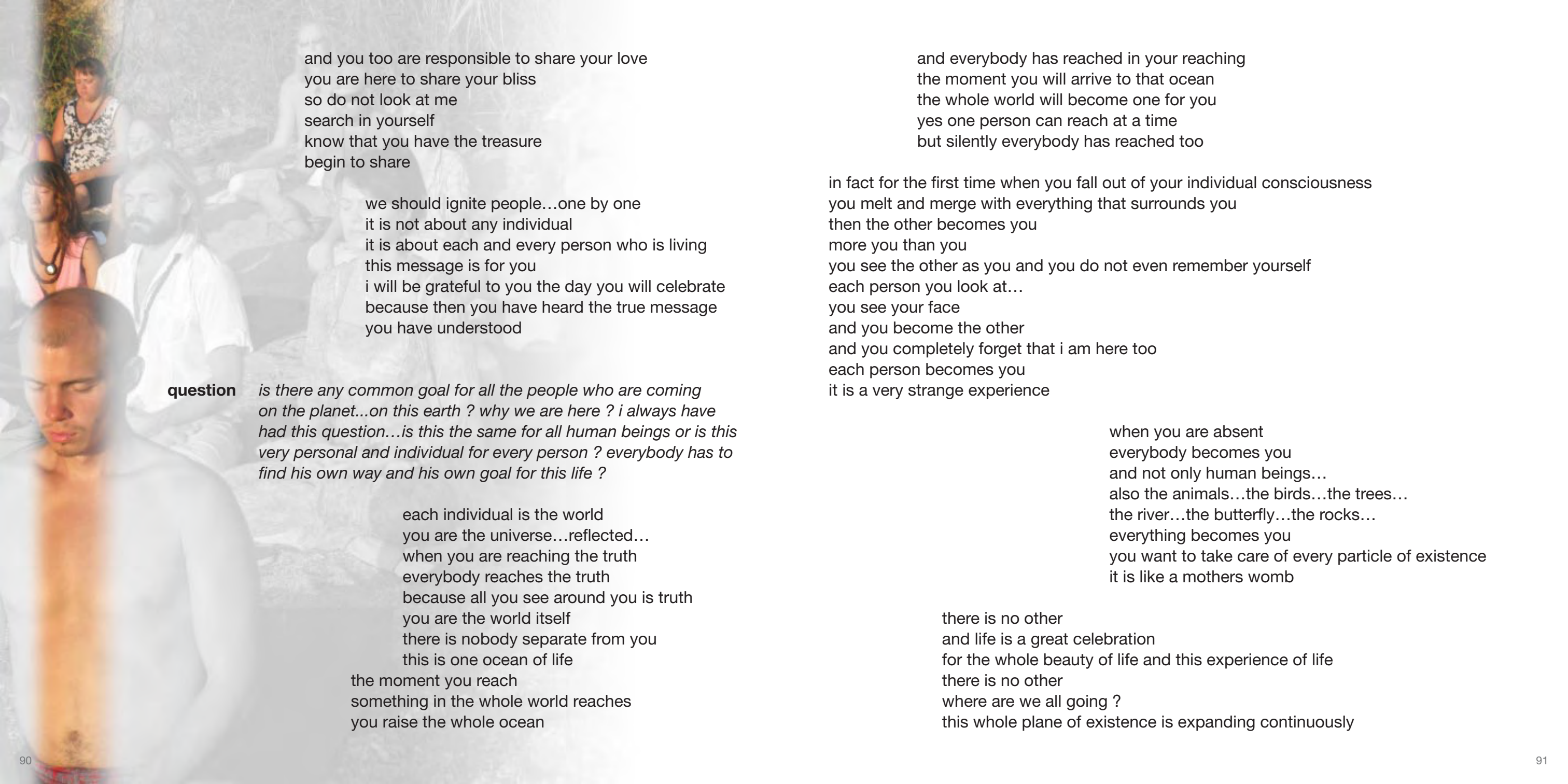
freedom brings a certain integrity
you cannot blame it on others now
the moment you are free
for the first moment you are responsible now
it is not easy to be free
freedom brings its own responsibilities

when you take a marriage certificate
you are declaring that you are not free
you are declaring that i depend on this certificate for this marriage to continue
it means you are borrowing others power
you are free
free to get married too !
get married...no problem
but make it clear that i am free
there are some beautiful people who got married in strange ways...
i heard one couple dived in the ocean
they went deeper and deeper and deeper...
and they said to the fishes...we are married !
do something unusual
without certificate
hmm ?
no need for any authority
you do not need any paper
paper is ugly
can you write love on a paper l o v e
what feeling the poor paper has got ?
i love you is written on the paper...
must be very poor love !

question *when you enter you always smile...you give us the energy...
is there anything we can give you back ?
because you smile and i want to respond...*

you are here...that is enough for me
you are receiving
i am grateful
you are receiving my love
i should be grateful that you have taken the time...

to come and listen here
everybody is not there to receive love
they are busy doing many other things
and i am not giving you anything really
it is pouring from existence itself
i have become empty
and its pouring...pouring...pouring...
wherever i go it is pouring
i am burdened with it...
too much bliss !
so i am not giving you anything
who am i to give you anything ?
i am simply receiving
you can drink from the well
i am nobody to give you anything
i am empty...a hollow bamboo
and i am watching existence flow
i am watching also...
i am present to this happening...this blessing flowing...
but it is not mine...it is yours !
it is your life itself
i am simply a mirror
showing you that you too are
just become silent...empty...
and you will be receiving and flowering and showering...
everywhere you go
we need millions of people celebrating life
so i am grateful to you
now you are responsible to be enough unto yourself
my message is for you
so you know that you too are there
and if you see clearly this mirror
you will see your own face



and you too are responsible to share your love
you are here to share your bliss
so do not look at me
search in yourself
know that you have the treasure
begin to share

we should ignite people...one by one
it is not about any individual
it is about each and every person who is living
this message is for you
i will be grateful to you the day you will celebrate
because then you have heard the true message
you have understood

question *is there any common goal for all the people who are coming
on the planet...on this earth ? why we are here ? i always have
had this question...is this the same for all human beings or is this
very personal and individual for every person ? everybody has to
find his own way and his own goal for this life ?*

each individual is the world
you are the universe...reflected...
when you are reaching the truth
everybody reaches the truth
because all you see around you is truth
you are the world itself
there is nobody separate from you
this is one ocean of life
the moment you reach
something in the whole world reaches
you raise the whole ocean

and everybody has reached in your reaching
the moment you will arrive to that ocean
the whole world will become one for you
yes one person can reach at a time
but silently everybody has reached too

in fact for the first time when you fall out of your individual consciousness
you melt and merge with everything that surrounds you
then the other becomes you
more you than you
you see the other as you and you do not even remember yourself
each person you look at...
you see your face
and you become the other
and you completely forget that i am here too
each person becomes you
it is a very strange experience

when you are absent
everybody becomes you
and not only human beings...
also the animals...the birds...the trees...
the river...the butterfly...the rocks...
everything becomes you
you want to take care of every particle of existence
it is like a mothers womb

there is no other
and life is a great celebration
for the whole beauty of life and this experience of life
there is no other
where are we all going ?
this whole plane of existence is expanding continuously

the whole existence is becoming vaster and vaster
the whole existence is moving towards light
everything...
even the rocks...
everything is expanding
life is not shrinking...remember...
life is expanding
the ultimate state of expansion is the truth

you can see it and know it
even if you do not see it and do not know it
the truth is still present
you are not present...that is the difference
but the truth is already present for this whole humanity
it has always been silently present
taking care of this whole universe
when you will understand that is a different matter
you will have great compassion in your heart
beautiful...

question *what do you think about the armageddon...the collapse of the world ?*

it never happens
unconsciousness and consciousness
there is no armageddon
unconsciousness is armageddon and it already happened
you cannot kill life
forms may change...maybe...
but you cannot be killed
understand what i am saying
even if armageddon...
you cannot be scratched

but there will be no armageddon
love is too strong
the force of life
the whole power of life is too overwhelming
the power of hate...blindness...is just a little darkness...
life struggles for life

we are coming close to a certain point
the time for armageddon...the dark age...
where things are becoming so materialistic
but the whole world is slowly shifting
towards love...compassion and life
the more dangerous it gets
this whole existence starts trembling
and pulling you back slowly slowly to life

life is overwhelmingly powerful
i say it will never happen
but it is good to think it may happen
it makes you a little alert
it is always good to think there is no tomorrow
it is always good to be a little bit alert
so you do not take life for granted
you do not postpone your inner journey

if you knew that you have only six more months to live
after that armageddon
the world will come to an end
what are you going to do ?
you will start quickly meditating...finding the way out...
yes...maybe armageddon might happen
anything that helps you on the way
but i cannot foresee any future of this nature
nothing...
you can breathe now

question *what does it mean to you to love yourself ?*

for me personally...i do not have any self left to love
my self has disappeared
i am only love left here
i have no direction for myself
i am dissolved
you are my love
love is simply spreading wherever it goes
no self
you are my love

now the whole energy turns around
and it starts spreading outward
it simply overflows and starts spreading like radiation
i am so filled...
i am simply absent...
no self...
but i have you
i have you all
so many more people to dissolve
are you ready ?
join the dance !

question *what exactly do you mean by you ?*

many things...
it depends
there are so many yous
you is not one
there are many yous
each one is so different
i never said *you* to anybody the same way

question *what do you mean by you when you are addressing to everybody ?*

oh...i am very egoistic
it means me...ha ha !
when i say *you*...i am saying *me*
ha ha ha ha !

question *and what do you mean by me ?*

me means you...ha ha !!
you are me...i am you...
when i say you...i mean me
when i say me...i am not here...it means you !
any sense it makes ?
just be confused

there is no you...no me...
this is one pool
where are you ? where am i ?
you may be sitting there
but you are also drowned in a certain space
if you think you are here
then you are looking at a part
but look at the whole here
it is a space
we are connected
there is no two

you see my hand moving ?
the air is not empty
this is our connection
in the middle you are hiding somewhere in your cave
that i am here

you have seven layers of aura
are you in the body or are you out of the body now ?
what about the aura around the body...
is it inside or outside ?
am i touching you or are you far away ?

we are one in the essence...
in the unessential there is the wall of the mind
you are there and i am here
but in the essence
we are both at the same space
there is no you...no me...
for the mind you are there...i am here...
but that is not of any significance to a mystic

i am a mystic...not a teacher

i am tanya today

tanya is me

this is the message

feel it...

something will trigger in you...

a mystic is one who mystifies you

he shows you your finger is no ordinary finger

he shows you your connection to this universe

he shows you the magic that you are

and the world shows you the person that you are

look deeper...





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8 august 2010

such a beautiful experience...
must be gurdjieff who is around
creating this stop experiment !
suddenly...the lights go off...
stop !
and it is gone
and it is off
and it is on

this is gurdjieff hiding here somewhere
i was speaking about him today
you see ?
finger pointing to gurdjieff !
ha ha ha ha

thank you gurdjieff master
now he has gone away
i thanked him...now he has decided to go !

this is a gurdjieff method...sudden stop
we are really lucky today
it is very rare
it has never happened before
mystics are very intelligent people
they can use anything...
in fact the ultimate is to use death

the window of death is a new awakening
just like this light disappearing
suddenly gone and a new universe opens
you see the beauty ?
life and death...light and darkness...
no preparation makes you alert
you suddenly came into this world
like this...pop !!
exactly like this
you did not even know you are coming !
no fear !

and now you have fear while you are living
when you are born you had no idea...
not even to choose your parents...
or to be born in ukraine or india or in middle of tibet...
you just suddenly popped out of the dark womb
and here you are
one day you will pop out into another dark womb
and here you are...so beautiful...

death enhances the beauty of life
the way you came you can go too...so beautiful !
what a joy that the window will open once again
whatsoever you need to know of life you already know it
it is always the same
you wake up in the morning...
you brush your teeth...you have your breakfast...
the same routine...

how do you pop out of this boredom ?
you need to find a mystic
he will show you the window that you are not only this
how to fall out of the mind ?
how to come to that crystallized space
and know that you are beyond the mind

you are filled with thoughts dreams and desires
thoughts keep passing
you keep watching the thoughts
a thought comes...another one comes...another one comes...another one comes
just watching the thoughts at a remote distance
slowly slowly the traffic becomes slower and slower
and you see the gaps between the thoughts
as you slow down the gaps between the thoughts become bigger
one thought comes...
nothing in between...
another thought comes...
you simply observe the thought as if it is somebody else's thought
just watching it indifferently...
without being attached to that thought

the gap starts becoming bigger and bigger
you are no more identified with that thought
you start disconnecting from that thought
now you know the thought is moving
but you are watching
your watchfulness is getting stronger and stronger
and the thoughts that you are attached to
are getting weaker and weaker
you are no more engaged in the thought
but you are simply watching indifferently...silently...
and the thoughts move back

your witness...your watcher...
is separating from the process of thoughts
you are becoming a witness to thinking
as this witness...this watchfulness becomes stronger and stronger
you can then start looking at emotions
the emotions are subtler than thoughts
subtler and deeper

you are attached to your feelings
it is difficult to watch your feelings...your emotions...without attachment
because these are your emotions
you are identified with them

they are who you are...they move you
so watch the emotions...the subtle emotions...
silently...watchfully...
slowly slowly your emotions will start to settle
you are no more identified and attached to that emotion
what is becoming stronger in you is this diamond of watchfulness

you are engaged in thoughts...you are engaged in emotions
you were the thoughts...you were the emotions...
now you have started watching the thoughts and the emotions
and now you have become a watcher
the energy that was taken from you by the thoughts is no more with the thoughts
but it has become your watcher now

now there is a clear separation
here are the thoughts...i am watching
these are my emotions...i am watching
that watchfulness is your true nature
and slowly slowly you begin to watch the whole body

slowly slowly the watcher becomes so strong
that you are no more identified with the body
what have you done in this process ?
you are removing the diamond from the mud
the diamond is the watcher
you are the watcher...
from the mind to the body to the emotion
you have separated completely
and now you know that whenever it will fall
this crystallized watcher will continuously watch
removing the diamond from the mud

how can you do such an impossible task ?
watching your simple day to day life
each and every small act of yours
watch consciously
it is vast experience
the energy that was in the action is released
and becomes part of the watcher

it is like a magnet
once this magnet begins to work it is a simple knack
once this magnet of watchfulness begins to work in you
the source of energy comes back to you in everything you do...

you throw the energy in the action outward
but because you are empty and watching
the energy comes back to you
then thoughts do not drain you
emotions do not drain you
nothing can drain you
because the witness is connected with the whole
it is a source of power of this entire existence

just a simple understanding
how to go back to the source of energy
the same source of energy is moving in desire
the same source of energy is moving in thoughts
the same source of energy is moving in action
how to come back to the source again ?

one pulse of life in the source creates a ripple
the ripple moves to the heart
there arises a desire
the desire creates a thought
the thought creates an action
that is how you began the whole process

the pulse of life...
you do not know what to do with it
it creates a desire
it becomes a thought
thought becomes the action
you have used the source into action !

the meditator is finding the way back to the source
of the power from where it all began
action...
thought...
desire...
ripple...
still...
this is the cycle

if you can understand this cycle
then you can live in this world
dream...desire...and action...
without being touched by the world at all
you can live without any inner attachment to that action
just watching it
the source moving into action

all the buddhas are acting and working every day
but what is the difference between the action of a buddha...
one who is watchful...
and the action of one who is unconscious ?
there is no quality of magnetism
the unconscious person is spending his life force
the one who is conscious is coming back home in each and every act
he is vacant...
he is empty...
there is no dream...no desire...no action...
yet the action appears

he is using the highest source of movement...of no mind...
compassion and watchfulness...
if you can do the same act consciously
you are creating the silent witnessing presence within you
start with the smallest things
small things are great things
because these small acts you are doing continuously every day
you cannot avoid these small acts

simply move your hands consciously
these are your hands
they are connected to the source
your hands are your dreams in action
your hands are connected to your heart
just learn to move your hands consciously...
and you will understand the source
that is why i say again and again...
meditativeness...in the smallest action is more real
than all imagination about meditation

master your hands
they are your heart expressing...
move consciously...
feel your heart totally...move lovingly...
and you will feel such a flow of life through your hands
that you will never be mechanical again

understand the inner key
a ripple...desire...thought...action...
if you can align this life force
to your desire and thought and action in one
you become one
just one single cycle
one pulse
desire...thought...action...

if you can complete one cycle in totality
you have understood the flow
and you can feel the beauty of that one exchange
slow down
find the pulse
the desire...the thought...the action...one single thing
you have mastered it

mastering is not of many things
masters are not people who know many things
they know only one thing at a time...whatever they do
mastering the inner thread of that particular doing creates a master out of him
he has learned the key
and that key can be applied to everything
that key can be applied everywhere...
in everything you do...

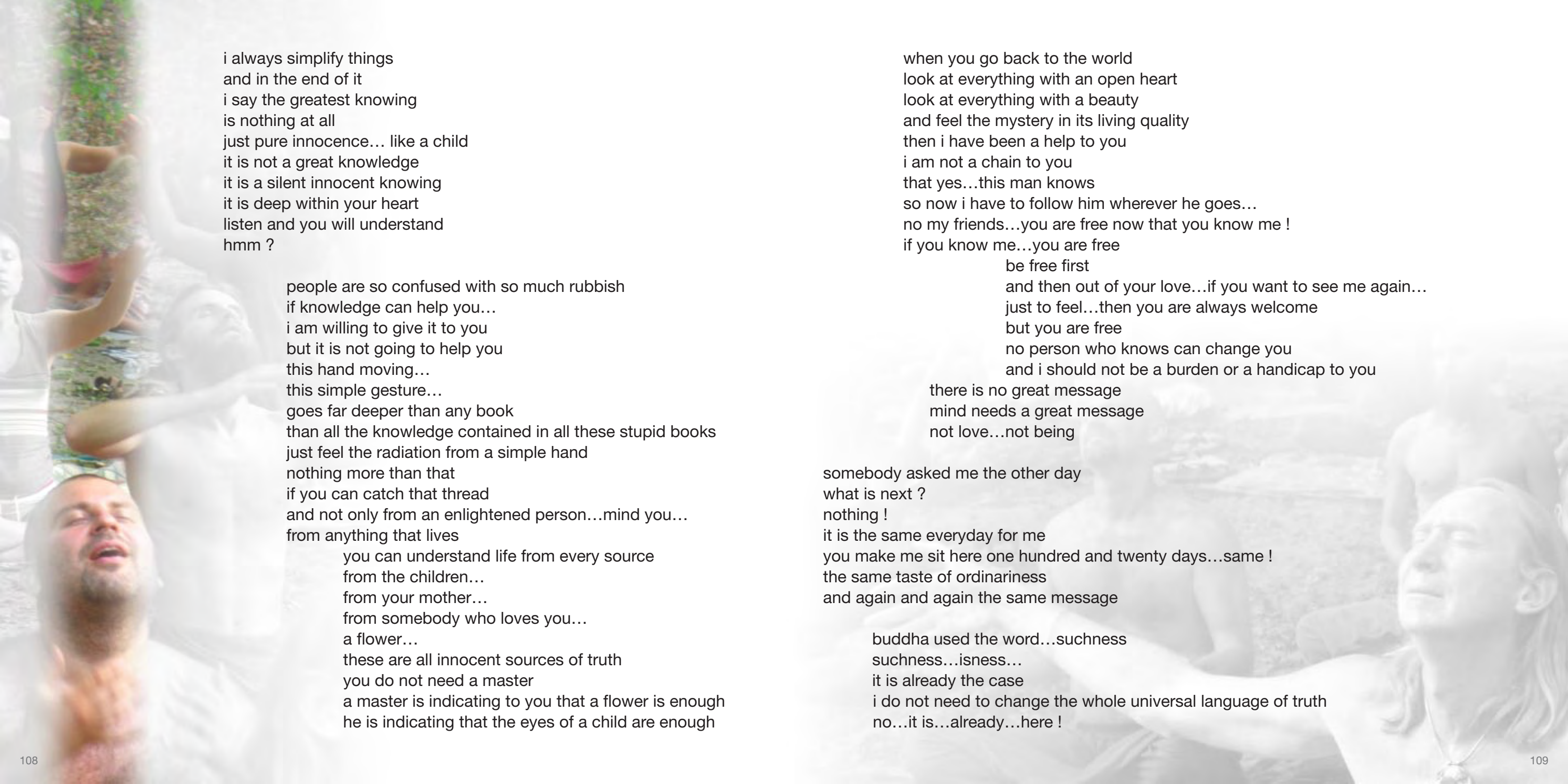
now you are watching me
this same quality is within you
see the consciousness that is within you
feel...and act...in oneness
one...just one

that is why tai chi or vipassana masters give you only one action
just do this one act...continuously...again and again...
what are they doing ?
they are teaching you the inner science
it looks boring but they are showing you the inner science
and once you know the formula...you will start laughing
it is ridiculously easy
it is so simple
how you keep missing the point ?
truth is simple...easy

you just need to pay deep attention
know the taste and apply it in small small acts
just one week !
if you can live in your house silently...watching the flow...
following the thread...living it in totality...
something magnetic will arise around you
people will start looking at you
what is it about him ?

you are not losing energy
you have become a magnet
once the magnet works you cannot stop it
understand the source and how it releases itself
just one cycle...please !
with me...learn only this one thing
just one simple thing...
and you do not need any more learning

those who know...know its ease...its simplicity...
and i say again and again
that truth is simple because it needs no support
lies need a lot of support
many complicated equations and formulas...
great theories and karmas...
after life and future life...
these are all lies !
lies need support to stand on something
the truth needs nothing
but a simple deep understanding
slow down...become silent...observe small things
and hidden in them is the truth that you are seeking
and if you cannot find truth in simple small things
know it from me
you have missed the point



i always simplify things
and in the end of it
i say the greatest knowing
is nothing at all
just pure innocence... like a child
it is not a great knowledge
it is a silent innocent knowing
it is deep within your heart
listen and you will understand
hmm ?

people are so confused with so much rubbish
if knowledge can help you...
i am willing to give it to you
but it is not going to help you
this hand moving...
this simple gesture...
goes far deeper than any book
than all the knowledge contained in all these stupid books
just feel the radiation from a simple hand
nothing more than that
if you can catch that thread
and not only from an enlightened person...mind you...
from anything that lives
 you can understand life from every source
 from the children...
 from your mother...
 from somebody who loves you...
 a flower...
these are all innocent sources of truth
you do not need a master
a master is indicating to you that a flower is enough
he is indicating that the eyes of a child are enough

when you go back to the world
look at everything with an open heart
look at everything with a beauty
and feel the mystery in its living quality
then i have been a help to you
i am not a chain to you
that yes...this man knows
so now i have to follow him wherever he goes...
no my friends...you are free now that you know me !
if you know me...you are free

 be free first
 and then out of your love...if you want to see me again...
 just to feel...then you are always welcome
 but you are free
 no person who knows can change you
 and i should not be a burden or a handicap to you

there is no great message
mind needs a great message
not love...not being

somebody asked me the other day
what is next ?
nothing !
it is the same everyday for me
you make me sit here one hundred and twenty days...same !
the same taste of ordinariness
and again and again the same message

buddha used the word...suchness
suchness...isness...
it is already the case
i do not need to change the whole universal language of truth
no...it is...already...here !

question *i would like to ask a question about awareness
what is the way to remain aware the whole time ?
how to be herenow and not to lose this state ?
how not to fall out of this state of awareness ?
i had several experiences when i lose the state of
consciousness...losing consciousness physically...
and i would like to understand the way not to have
such an end...*

two different questions...
losing consciousness and awareness
these are two totally different questions
do not mix them together

first you are asking how to remain alert...in a state of awareness...
when you peak your energy to a heightened state...vertically heightened...
that is the state of awareness
awareness is a state
a heightened state of alertness
functioning from at least the third eye
when the energy moves to this peak it becomes one
this heightened state is a state of awareness present within you
it is present within you in moments of sudden danger...sudden peaks
it heightens and becomes awake in you
how to keep it there constantly ?
no need...let it settle down...
let it relax into the heart
what will you do with it ?
if it is gone...let it go away
because the moment you say you want more of it
then mind has entered
you have entered...your desire has entered...
and that is taking the energy away

moments and moments will appear when you are at a peak
and then the peak disappears
let it disappear...
let it settle...
the body knows that you do not need it right now

overflowing energy moves to the state of awareness
when you do not have that extra energy
it will go to take care of the body...the mind and its emotional needs
it is like a pyramid
few glimpses will come
and the rest of the time the pyramid also needs to be taken care of...
the body...the mind...the emotion

so do not worry
whenever these moments come
be grateful
drink it silently
and let it disappear
become aware of them when they are coming
become more sensitive that now the peak is coming

every day you will have three to four to six peaks
and this applies to everybody here
you have minimum four peaks a day
learn your cycle
maybe at seven o'clock in the morning you have a peak
maybe at three o'clock in the morning you are at your peak
see your cycle
and just observe
be respectfully silent to it
and slowly slowly the window will open
bigger and bigger and bigger

the easiest way to generate more awareness within you
is to move consciously
each time you move consciously...
you are creating a space within you
to allow that experience to settle
so each and every movement of your body...
move consciously
create space within the form
do not ask for more
live more
be more conscious in your actions
because if consciousness is not in your action
is it in the brain

do not ask more...live more
and you will have more of its intensity
more of that state
but it is not more
it is simply deeper...thicker
it is not more
that word more is of the mind

you say you fall unconscious
that is a different story
i do not know what happens when you become unconscious
do you black out ?

questioner *yes i black out*

no problem...black out
i used to black out many times
when energy goes to a certain point in the brain
and if there is not enough space to receive it
the brain shuts down...you black out

if there is too much impulse in a certain area of the brain
the brain blacks out
so it could be a great advantage
people who have gone into coma...
black...all is black...
they wake up
and something is fresh around them

a mystic and a meditator
will try to make some use out of it
i do not know your condition
but i can tell you
there will be some secret message within it
something within you wishes to open
and the moment you reach there you black out
wait...wait...

a small experiment before it happens again
close your eyes
feel how it triggered
how you came to this experience where things blacked out
is it when your energy is moving upwards ?
going higher and then the blackout happened ?
or when you are going depressed and sad
and then the blackout happened ?
if it is going upward then it is a spiritual experience
so wait !

there is a window hiding somewhere
so when you are peaking...peaking...
and suddenly everything goes black
then wait and see...
it is a blessing
it has happened to many mystics before
they go into a blackout space

next time...close your eyes...feel it
there will be a certain taste in your mouth
like gas...like the air is coming out of your mouth
and then you went into the black
that it is a good experience
enjoy it !

question *when we want to relax we go to sleep
and we see dreams but mostly dreams disturb us...
sometimes my dreams are very active and i feel a lot
of movement...why do we see dreams and what are dreams ?*

dreams are a vast subject for the person in the normal world
his dreams are his future projections...his desires unfinished...
anybody in the normal world wants to have something...
do something...get something...
and they feel incomplete
so dreams will surface within them

the moment you start meditating
the quality of your dreams will start changing
because you are learning to be detached from this body mind and desire
another form of dreaming begins
dream is the release of energy that you cannot release consciously
any energy that you cannot release consciously...
will release in the form of dream


it is simply energy opening its doors
and flowing in a different direction
so it is nothing harmful
in fact it is a safety mechanism of the body
to release anything incomplete
and release it as a dream
so dreams are actually very healthy

but for a meditator who is watching his mind and his thoughts
this question arises how to get out of the dreams
if you try to force
then you will create more complications within the inner mechanism
first you should understand how to live your daytime more consciously
the non dreaming physical reality
if you can live your whole day consciously
there is no hidden energy left to dream

gurdjieff used a very simple experiment
he made you work so hard in the day
by digging a hole in the ground
keep working the ground...keep working...keep working...
keep working like a farmer
that when you fall asleep you are gone
no time to dream
you have spent your whole day so totally working in the earth
that you cannot even dream
you go to sleep...blank !
you see what i am saying ?

dream is a luxury for those who have not spent the whole day working
when you are active and total
you will have no dream left
you can see the simple people in the villages...the farmers...
they do not have any dreams

there are many layers of energy within you
first there is the physical energy
for the mundane day to day activity
then you come to superconscious energy
that is undivided...at the third eye
then there is another layer...that is the cosmic energy



if you have spent the whole energy of the physical body
and you continue...continue...continue...
the next layer will open...the superconscious energy
and if you continue...continue...continue...
your body will collapse
but cosmic energy will start entering in you
layers open...higher and higher layers
dreaming is on the below mundane level
it is the lowest energy in you
incomplete day to day action
so if you do not spend your energy completely
when you will fall into the depth of your sleep
this layer will unfold

there are certain people who dream
but their dreams are not of the body
they are visions
they enter from the third eye
cosmic visions...supercosmic visions...mundane dreaming...
so one cannot really decide whether it is a dream or a vision

let the dream come
just watch it...let it go...you are not it
let it continue
if you start labeling it as a bad dream
tomorrow you may have a vision
you may think it is bad too
so do not make any judgment
i do not think you are really a dreamer
but i do feel that certain visions can enter you
you have a capacity for vision
you have that window open
so maybe look again carefully

question *you told that while we are sleeping we leave our body...
and if somebody tries to wake us up while we are sleeping...
is it dangerous ? is there an opportunity that i am not going
to come back to my body ?*

it is not nice...
when you are sleeping you should sleep
you have threads connected to the body
you are hanging out on the ceiling
to bring you back when you are sleeping is not nice
but not dangerous...you cannot die so quickly
your husband must be trying but he cannot kill you !!
ha ha ha !!

question *i will be happy to see a lot of dreams every night
but unfortunately every two or three months i cannot
fall asleep at all...it can last two or three days
that i cannot sleep...i am staying awake in the middle
condition...is there any clue how to avoid this ?*

no no no...that is very good !
when you are not sleeping once in a while you get a cycle
and if it is cyclic you have come to a certain awakened point
your body has had enough rest...so do not sleep
it happens to some people when the moon is full
sometimes at full moon you cannot sleep
if that is so it is a good clue
it means your peak is there
enjoy not sleeping !
you are a very strong man...you have extra energy...
overflowing strength in the body
so it can be natural for you

question *i like to ask a question about the science of life
are these just games of the mind or there is really some reality
about providence or fate and destiny ?*

no fate...no destiny...no science
awareness...non awareness
awake or sleeping
for the sleeping there is no science at all
for the awakened one there is a science
but for the sleeping...what is the science ?
a person who is sleeping does not even know one plus one is two !
no science !
for the person who is sleeping there is no fate
unconsciousness is not a fate
consciousness has a future

the moment you move on the path of consciousness
now you are deciding about your life
before that it is all accidental
this world is accidental
nothing is planned
it is all just moving
consciousness moves out of this plane of unconsciousness
no faith...no destiny...no science
and you are lucky
because if you had a fate and a destiny
then you are a slave

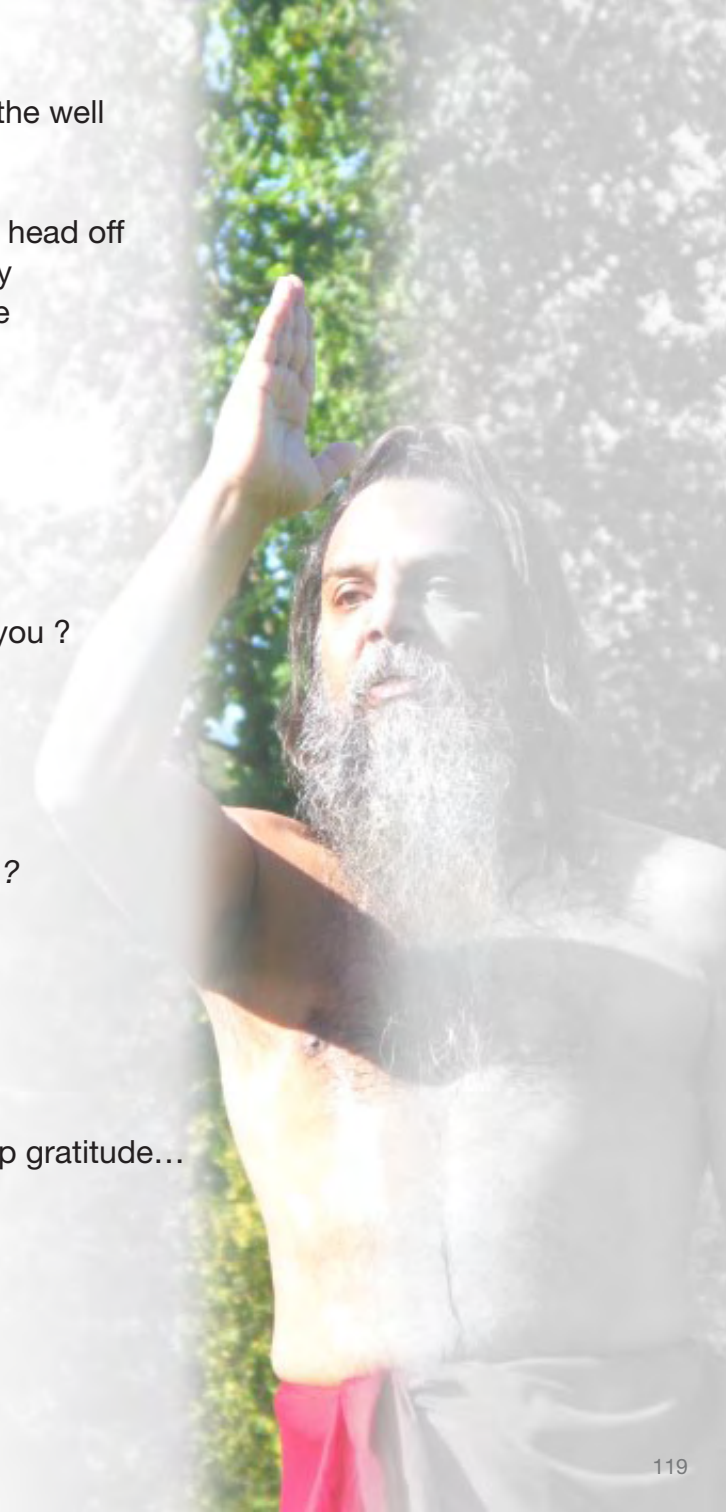
for anybody who has come with a fate and a destiny
there is no use to live
the destiny is going to happen
the fate is going to happen so you leave it to the other
you leave it to god
he has written your fate and your destiny

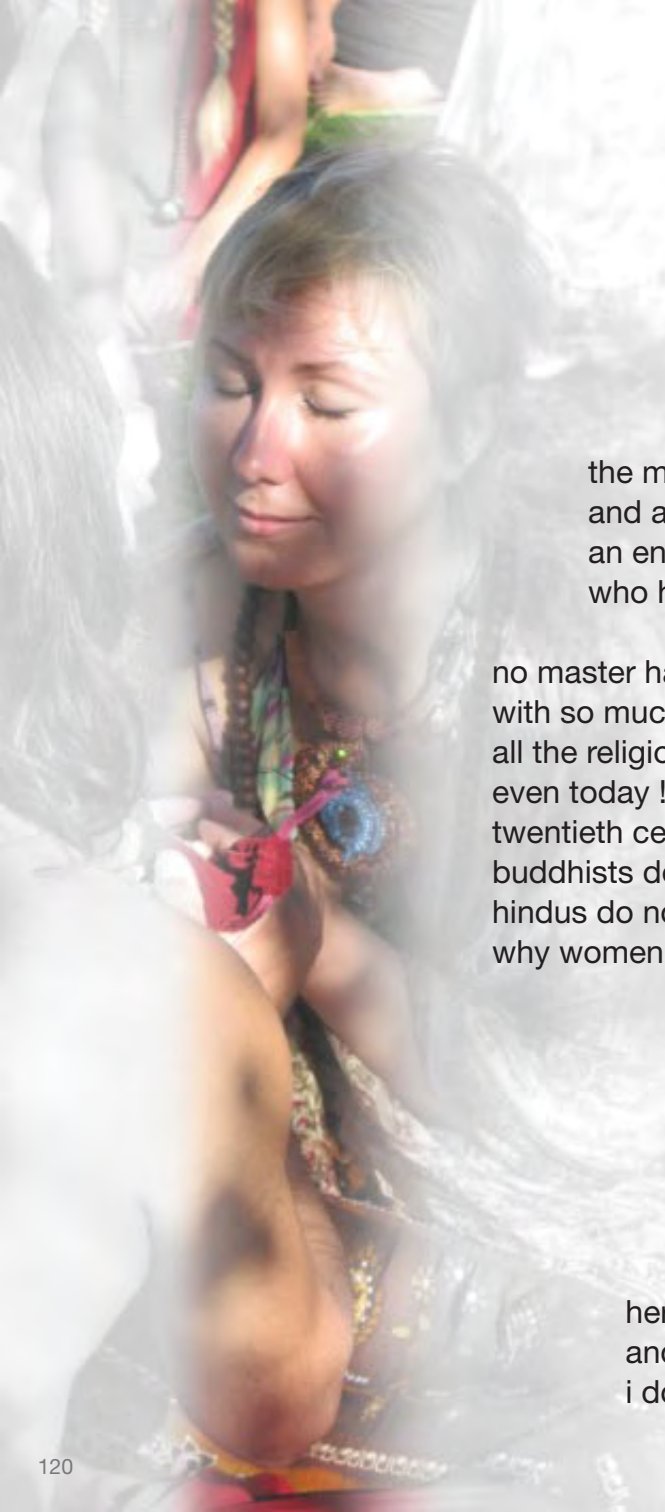
so whether you jump in the ocean or you jump in the well
or you do not jump...it is destined to be
do not be a slave to anybody
if anybody writes my destiny i will cut the persons head off
i would rather be alone with no fate and no destiny
than have somebody write my destiny and my fate
and that is true for you too

you are free !
free to choose any destiny...
you write it and you make it
you are in total control
you do what you want to do
and choose the best for yourself
who can know what is good for you ?
only you can know
so choose the best
okay !

question *what does it mean to be a sannyasin ?
what does it mean to take sannyas ?*

dropping the mind...
all this knowledge...
all this weight...
disappearing into the mystery of life
just putting your whole inner being...in deep gratitude...
towards this whole existence
opening your eyes
just letting go
no more struggle to be...to become
just accepting yourself
perfectly the way you are





sannyas is learning to love yourself
is trusting your inner voice
sannyas is a deep inner trust with existence
you have made a conscious decision
that now i will connect to the whole
i will not isolate myself from the whole
that this is my home
and my sannyas is going to take me back home

the mala is a remembrance of yourself
and a great gift given to us by a master
an enlightened compassionate buddha
who has accepted each individual perfectly the way he is

no master has accepted women so openly
with so much grace and beauty
all the religions of the world denied sannyas for women
even today !
twentieth century !
buddhists do not accept sannyas for women
hindus do not accept sannyas for women
why women have been denied sannyas ?
osho is the greatest master ever
not only he accepted women...he has loved them
he has raised them where they belong
he has created a new universe for women
his sannyas is extraordinary
it is a yes to women
an absolute yes to women !

here is a man who has accepted you totally
and shown the beauty of the feminine spirit
i do not only mean woman as a woman physically

also the feminine spirit in men
he has given recognition to the feminine energy in this world
the creative...the womb of life

you have to be mad
because sannyas is not of this body only
it is not this body this mind and you
your sannyas is a mystery beyond mysteries
it is connecting you to the divine universe
this whole universe has so many spiritual seekers in the sky
a cloud full of dreams and seekers
your sannyas connects you
to all those beautiful seekers in the universe
your sannyas connects you to all the buddhas
to all the beings of light who are seeking
in the past...
in the present...
and in the future...

you are connected to this whole mass of truth
it is a vast experience
and this body will fall but that sannyas...
that remembrance of your being...will remain
and the day you will reach home
you will realize millions of angels are singing your welcome
you are connected to all those beautiful individuals
who are searching the truth
and i mean all
whether they are christians...
whether they are muslims...
whether they are hindus...
whether they are buddhist...
truth is truth

people may be unconscious in their conditioning
but everybody has the right and the freedom
to claim the inner search of truth
all religiousness is one
this humanity is one
we need to understand the beauty of all who search
we should not be egoistic
that this is my religion
it is a religiousness
it can beat in every heart
every being

it is important
i do not want to say that only osho sannyas is the ultimate
it is but it is only ultimate if you can bridge with everybody
if you can create that bridge in your heart
then your sannyas is deeper
we do not isolate ourselves from humanity

somebody was telling me today
that according to the vedic way of sannyas
you have to give up the world
we do not give up anything
we add more to it
we add a beauty to the world
we add a dance to the world
we add our love to the world
we add our compassion to the world
we do not want to run from the world
we are the world
we are here to live
and we do not deny anything
we are not here to deny but to accept

what is this sannyas ?
total acceptance of the world
live sannyas in the world
it is far more difficult than escaping to the mountains
it is a test to be in the world
can you love here ?
can you live here ?
can you spread your joy here ?
then...you have achieved !
sannyas is of the world
no escape...a total acceptance

question *can you explain the kundalini ? what does it mean ?
what is the phenomenon of kundalini ?*

mamma mia !! oh no !!
tonight have a good sleep
have a deep sleep
everything that is within you will arise
if you can learn to have a deep sleep
all your treasures will come in front of you
just learn how to sleep deep...total
all kundalini fundalini gone

strange thing
when people are awake they are looking for truth
everybody is awake and looking for truth
but this mind...this body is the problem
you cannot find the truth
because you are in the middle of it
go to sleep...disappear
and let us see what happens when you are not present
because you are in deep sleep

the truth has already happened to you
but you missed because you were sleeping
that is not a joke...that is really serious
when you are sleeping deep in the night
what is present is the truth...all around you
but you do not know because you were sleeping
truth was present...you were sleeping
so at least you know now

that when you are in deep sleep truth is present
when you wake up in the morning
do not start running immediately
just wake up...feel the body
you will feel there is something
you feel you are alive
and then you come to your head say
hey andrey...wake up wake up

when you wake up in the morning wake up very gently
because you just came from the door of truth
you were swimming in the truth...unconscious
so slowly bring it back
feel...because the heart is close to the being
you feel that powder like energy
something very soft and mysterious just entered the body
that is the moment to catch it

when you wake up in the morning...for half an hour keep lying down
because mind has not become active yet
your dreams have not become active yet
you are still close to the centre
have a good sleep

too much talk for today
some music...one dance...hmm ?
enough for today





ukraine
pusha voditsa
11 august 2010

welcome again
to this wonderful chaos...
you can see the chaos here
how to find balance and harmony in the midst of this chaos...
just a few moments ago everything was unsettled...
chaotic
nothing made sense
and a few moments later
everything is perfect...
still...
silent...

how to be total ?
the only way i have found
is in your dance
when you dance everything in you becomes real
that is why every evening we begin in totality...
with dance and the experience of who you are
when you are in utter rhythm with your body
taking your energy higher and higher and higher
till you peak into your totality...

and then sitting becomes so easy
if you have danced totally
it will be natural for you
just to settle and feel the silence
where did the silence come from ?
where did it descend from ?
very simple...your totality !

that peak state of dance opened the sky for you
and the window that is above you
simply opened and showered upon you its silence...
so learn how to dance first...
meditation is not only about sitting
you will become more and more dead
your life will become more and more dull

arouse everything within you
it is an arousal...a peaking...a totality
and then you will feel the silence
but first peak...be total !
and you will realize that sitting is so simple

today is the first day...chaotic...
welcome !
tomorrow we will settle

tonight we are going to just dance
a good beginning
some wild dancing...some soft dancing...just dancing...
preparing you for deeper experiences of silence

my way is dancing
there is no easier way than dance...
we will speak for a little while
and then we will just dance...
dance your way to the divine

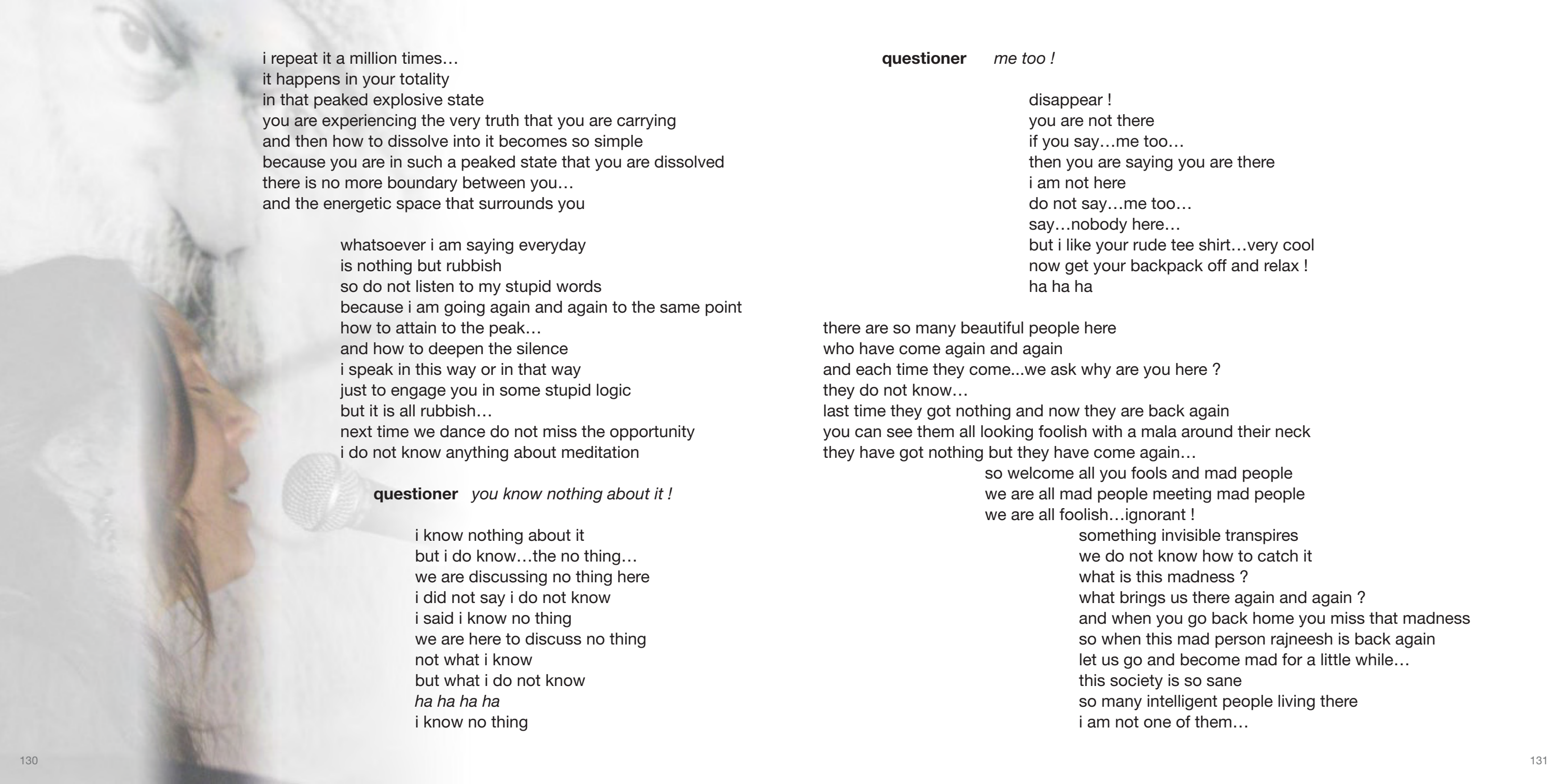
you have plenty of time to ask questions and get answers
when you are dead and gone
when you are dead you can ask all the questions
what was life ?
what was the meaning of it ?
what did i get from life ?
what did i miss in my life ?
what is the truth ?
when you are dead there is plenty of time all these questions
in fact you will have no other work than to ask questions

when you are living
find ways to live totally
find every possible expression
of how to create a deeper flow...
more totality in your actions
find ways to create life in such abundance...
with so much overflow...
that you simply drown into it

your mind is shocked into silence
this energy that peaks and hits the crown
all those questions are bombarded
with such an energetic explosion
that they simply evaporate !
even the meaning of life evaporates...
when it sees life itself flowing with such a tremendous force
mind disappears...

you are searching for that which remains...
when the mind disappears
when you are gone
your mind disappears
what will remain ?
this is the experience of no mind
and there is only one way...





i repeat it a million times...
it happens in your totality
in that peaked explosive state
you are experiencing the very truth that you are carrying
and then how to dissolve into it becomes so simple
because you are in such a peaked state that you are dissolved
there is no more boundary between you...
and the energetic space that surrounds you

whatsoever i am saying everyday
is nothing but rubbish
so do not listen to my stupid words
because i am going again and again to the same point
how to attain to the peak...
and how to deepen the silence
i speak in this way or in that way
just to engage you in some stupid logic
but it is all rubbish...
next time we dance do not miss the opportunity
i do not know anything about meditation

questioner *you know nothing about it !*

i know nothing about it
but i do know...the no thing...
we are discussing no thing here
i did not say i do not know
i said i know no thing
we are here to discuss no thing
not what i know
but what i do not know
ha ha ha ha
i know no thing

questioner *me too !*

disappear !
you are not there
if you say...me too...
then you are saying you are there
i am not here
do not say...me too...
say...nobody here...
but i like your rude tee shirt...very cool
now get your backpack off and relax !
ha ha ha

there are so many beautiful people here
who have come again and again
and each time they come...we ask why are you here ?
they do not know...
last time they got nothing and now they are back again
you can see them all looking foolish with a mala around their neck
they have got nothing but they have come again...

so welcome all you fools and mad people
we are all mad people meeting mad people
we are all foolish...ignorant !

something invisible transpires
we do not know how to catch it
what is this madness ?
what brings us there again and again ?
and when you go back home you miss that madness
so when this mad person rajneesh is back again
let us go and become mad for a little while...
this society is so sane
so many intelligent people living there
i am not one of them...

we are simply lost...mad people
that is why all these juicy people keep coming again and again
these are the real mad people
so welcome to more madness
but there are few people who are not mad yet
we are here to drive you mad !

question *when we were dancing...
why did the branch of the tree suddenly fall down ?*

the tree started dancing with us...
it forgot how to dance...
it forgot...it is an old tree...just one arm fell down !!
when you are dancing...all the trees dance with you
they have been waiting for you to dance for a long time
there was an old dead branch...it simply fell down
it must be all this explosive energy here...
some part of the mind of the tree must have also fallen
boom !
good beginning...

it reminds me of a story in poona
we used to dance in a smaller hall...the chuang tsu hall
which has now become the samadhi of osho
many times we were dancing in that hall
and many times bhagwan commented...i am surprised the ceiling is still here !
a big hall and just six or eight pillars...
and many times the whole hall used to shake...used to vibrate...
many times bhagwan said...my god...how come this wall is still standing ?
when you are exploding in love...in ecstasy...
even the rocks want to live...
within that rock...within that stone...is life pulsating...

it recognises your totality
even the rocks start dancing !
i am not joking...i have seen it so...
when i had my first explosion
i was shocked to see is that all the walls...
and the stones...and the ground...
was moving...swimming...
i could not place my foot on the earth...
everything was moving like a river
even the rocks were swimming...it was not solid
there was a density
but it was merging with the outer empty space...
it was so scary to put my foot on the earth
it always felt that my feet would be swallowed

the rocks are totally alive
the more total you will be
the more your peaked state will be
you will see the rocks are living...
the rocks are breathing...
and they are growing...
even the rocks are growing !

you can see crystals
how they are growing...slowly...slowly...slowly...
there is a pulse within them
but to see the life within a rock
you need to be at such a peaked state...
that you can see through matter
higher you go...nothing is dead...
everything becomes a pure vibration

be careful when you walk
this whole earth is swimming like a river
it is all a vibration of life...nothing is dead...
hmm ?

question *about the first explosion...where is the river flowing ?
are there some other obstacles on the way ?*

the first explosion gives you a glimpse...a glimpse of enlightenment
there are smaller glimpses...we call them satori
the great first explosion...we call it a samadhi
these are different expressions...different openings...
qualitative...quantitative...explosions of enlightenment

if you were to totally explode all in one time
and the whole sky was to open
this bodymind is not prepared for such a vast experience
the first explosion gives you a deep insight...
you can call it enlightenment
but it is just the beginning...
after the first glimpse everything within you settles back to normal
it is like a hole in the crown
a vertical opening into the sky...

everything starts settling back into the core
and reaches the very centre and crystallizes
and you are back in the bodymind...
you had a glimpse of the beyond...
you cannot remain at that height for so long
the body needs you back
the bodies work is incomplete
so you are pulled back into the body

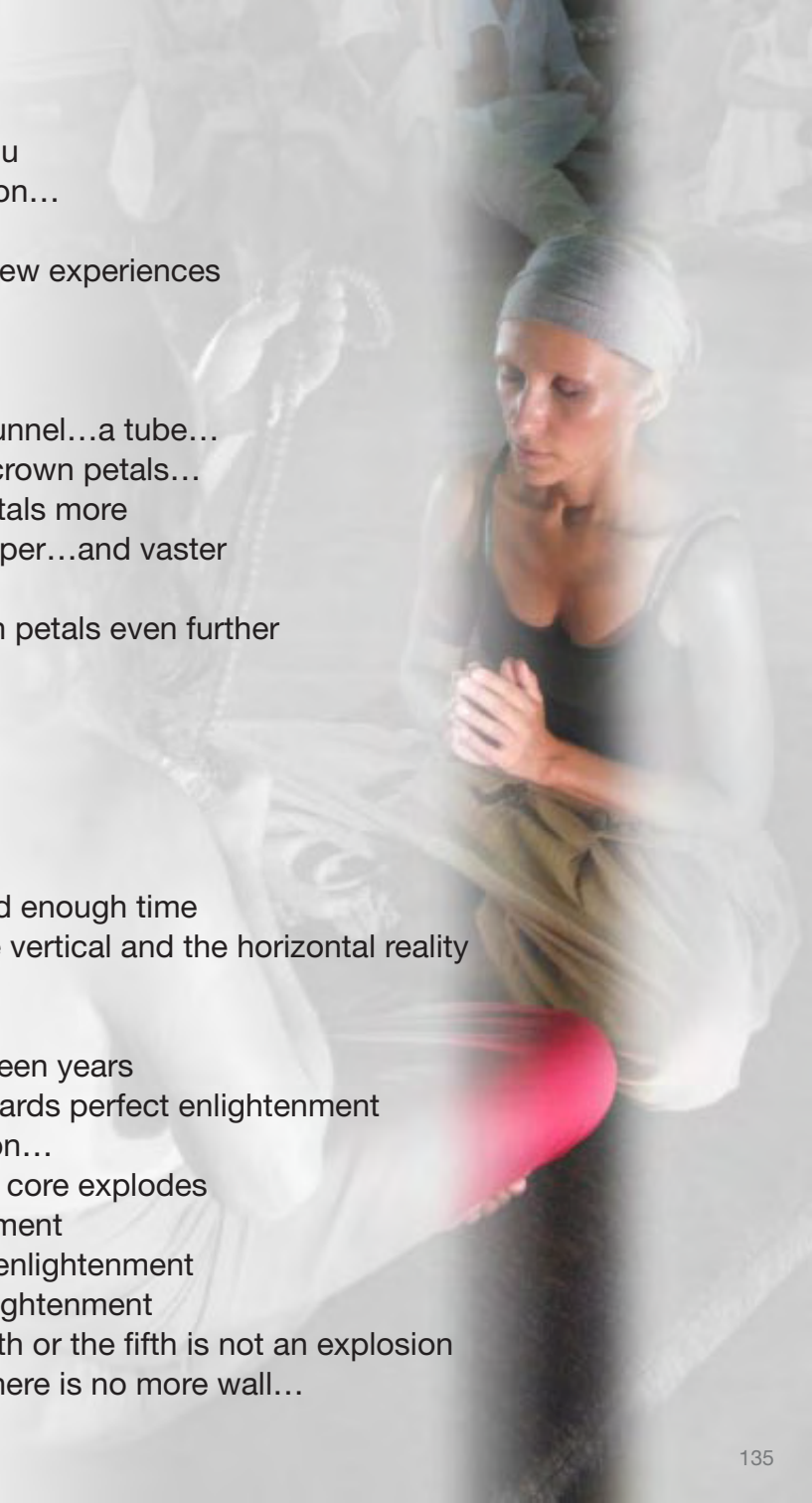
this inner tube starts crystallizing
it needs a deep rest...a transmutation
time to absorb this vast experience
there are many many layers within you...mind emotion body...
mind can evaporate quickly
layers of emotion...attachments...desires...
the body...past desires...past life...

the first explosion slowly slowly disappears
and a new crystallization happens within you
and prepares you again for another explosion...
maybe two to three years
the body get its rest and adjusts to all the new experiences
and another explosion happens...

it is like a hole in the head
you have to view your body like a tunnel...a tube...
the first explosion opens the inner crown petals...
the second explosion opens the petals more
and the tube becomes higher...deeper...and vaster
and settles again...
the third explosion opens the crown petals even further
deeper...vaster...thicker...
and settles again...
fourth explosion...
fifth explosion...

the whole kundalini completely opens...
the thousand petaled lotus...
and this bodymind that surrounds it has had enough time
to find a harmony and balance between the vertical and the horizontal reality

after the first explosions
it needs at least fifteen to eighteen years
to complete the processes towards perfect enlightenment
the last is not an outer explosion...
from the inside...the core explodes
it is called enlightenment
second explosion...enlightenment
third explosion...enlightenment
then maybe the fourth or the fifth is not an explosion
but an implosion...there is no more wall...



everything collapses inwards...
the whole sky collapses inwards...
the outer merges with the inner
and it is no more an explosion...
it is not that you are becoming enlightened
now...you are no more...
the walls have completely disappeared...
and the last explosion is called an implosion
where the dewdrop has become the ocean
now the ocean has become the dewdrop
these are the deeper stages...

i have explained in my book
that i have completed my fourth explosion
i am stating it very clearly
that one more implosion has yet to happen to me
but now the wall is so thin...
that i can say i know
and yet i should not say i know
the last step is unknowable
i can never know it...
and it is just around the corner
that is why i have started speaking

osho has said many times
that after your third samadhi or your fourth samadhi...
start speaking...
because when you will complete the last
nothing will bring you back in the body
but your love with your friends that you have made along the way
their love will bring you back...
i am working very scientifically

you need five to six explosions
to be in the perfect complete state...
why i speak continuously about my first explosion ?
because it is always the greatest !
that experience is so shocking...so sudden...
it can never be forgotten
when the sky opens for the first time...
when the master descends for the first time...
you see his divine being
and in that seeing it becomes your very knowing
that first samadhi is enough
now you can never fall back...

you may come back in the body
but something in you has already left
and become a divine presence...
it is always the first explosion that most masters speak about
it is like your first love...
it is so deep...it is such a joy...
that no matter when you complete your journey
you will always remember the first glimpse of your master

you will learn that when you are ready the master appears...
enlightenment is nothing compared to this experience...
this darshan...
this seeing of the master descending upon you
is the greatest experience for any devotee
there cannot be any greater experience...
even after twenty some years...
that experience is totally alive...
when my tears started showering
and that sudden laughter...
tears of the mystic rose...

seeing my master descend and bless me...
it is always the greatest peak for a disciple
whatever may become of me later
but that will always remain
the highest treasure that i carry...
that is why i say i am a devotee
utterly dissolved into his feet...
you see his feet descend and you are home
that is the day of your glory
after that you have to live consciously
and more consciously
to complete that same experience
hmm ?


it is a long journey
but what is important is that you have experienced the first explosion
after that it will be a celebration all the way...
you will know what needs to be done
what needs to be undone...
and even if it takes fifteen to eighteen years for the body
to complete its process
you will be celebrating each moment from that day on

osho became enlightened in 1952
he declared himself to be bhagwan
when he completed his last samadhi in 1970
it took him eighteen years...
and he has stated clearly that he has had five samadhis
that in the fifth samadhi he never came back to the body
that his body became so light...
the wall became so transparent...
that he was not needed in the body anymore
he himself has explained five samadhis
and that was his final explosion

rather i would say the implosion
where the ocean became the dewdrop...
there are walls but not really walls
the body needs time to adjust to this new reality
the body is horizontal...tied in the world of gravity
the inner body is vertical...free of gravity
how to live in this world and yet be present to the other ?
when you are free...you are simply like a cloud
a being of light...
a perfect sphere like the moon...
vertically above the body
and the body is below...

and the master guides the body
he is free of form
free to see...free to be
utterly free
floating above
and the body is below
and that body may live another ten...fifteen...or twenty years
he will gently guide his body...
speak through it...
use it to transmit the message of truth
do you understand what i am saying ?

the question has been asked again and again
is enlightenment sudden ?
or is enlightenment gradual ?
enlightenment is sudden...there is no gradual enlightenment...
but after that explosion of enlightenment
there is gradual development
for the body to absorb these new condition
but enlightenment is always sudden...
there are no gradual states into enlightenment



it is a sudden vertical explosion
and this gravity that you are in...
suddenly you are released into the sky
and you get a glimpse...
and you know the truth
anything that peaks you to the seventh centre
comes to that stop...
and if that stop is long enough...
your seeing eye will open...
see...and then come back...

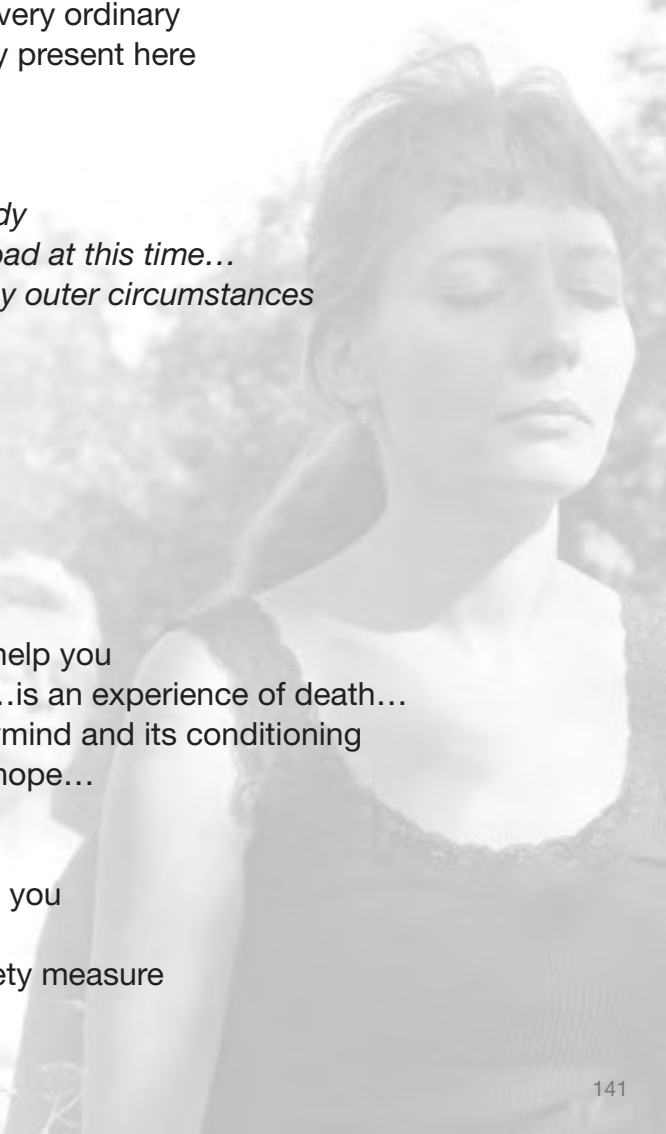
these are small satoris and glimpses
and these can happen very easily...
very suddenly...when you are total
if you are total with somebody who knows the truth
just by his presence...by his totality...
a window opens for you
and you have the possibility to have a glimpse
that is the whole hope of a mystic...
that somehow he can give you that one window...
that one flash...
that one sudden glimpse...
when you are in that open state
energies flow in...filter and settle within you

you cannot meet a mystic horizontally
because he is not the body...the mind...the emotion...
he is a vertical presence
trying to find a way to reach you vertically
trying to enter you from the sky
and enter...settle deep within you

you have to be very still...very alert...
peaked...relaxed...open...
and this experience will descend into you...you got it ?
now you know why we dance
why i use dance as the way to reach you
or the way to create a situation that you reach yourself
it is not a great mystery
it is a very simple experience...very ordinary
very easily possible for anybody present here
these glimpses are very natural

question *i had a deep experience of leaving the body
but i came back with a shock...i felt very bad at this time...
i feel i had lost it completely...are there any outer circumstances
that can prevent this ?*

really speaking...nothing can prevent it
all outer simply disappears...
the moment you fall in and touch the very centre
the outer is powerless...
when you touch the very source of life
nothing from the outer can prevent it
and everything living comes to support you and help you
enlightenment...the explosion of truth...is an experience of death...
you have died...you have left this bodymind and its conditioning
you have left this bodymind...desire...hope...
everything has been left behind
in truth you have died...
so this body wants you back...it needs you
you have still some life to live
so the body will pull you back as a safety measure
it is saving your life...



you are not physically mature enough
to contain so much stillness and silence
the mind comes to a shock...to a stop...
and when the mind is shocked to a stop
it stops functioning...
and you need to live your day to day life
you need to function with this bodymind
in a way this happening that disappears is your friend
the body is bringing you back...
so do not feel that you have lost something
you can never lose the explosion
it is beyond this bodymind

it gathers like a storm above you...
every glimpse remains within you...above you...forever...
you can never lose it...
but this bodymind can forget it...
because it has already transcended it...
it does not know about it...

nothing from outside can prevent this from happening
and it is not only through meditation...
remember...this glimpse can happen in an accident
it can happen when you are running...swimming...dancing...
you may never have heard the word meditation in your life before
you may be giving birth to a child...
and your hara is open while you are delivering the child
and suddenly you leave the body
so many women have expressed
this experience of leaving the body while delivering a child
the hara is open...the child is being delivered
so much blood loss...
you can have the experience of death

somebody driving a car
a sudden shock...an accident
you can fall out of this bodymind
and see the body lying separate
how did it happen to our master osho ?
he was sitting on top of a tree in deep meditation
and suddenly his body fell off the tree...
he landed on the earth...
and he could see i am still sitting on the tree...the watcher...
and there is my body lying below the tree...
it happened to osho in an accident
his watcher was so intent and still...
and the body fell down

the watcher remained watching...oh...
there is something watching the body too...
that was the greatest glimpse for osho himself
glimpses can happen in many ways
and most probably never in meditation...
it happens to you in a sudden shock
or in a deep relaxation
because there are only two ways available to you
either the peak of a shock
or the valley of deep silence...deep relaxation...
the experience can happen

there are two windows
one that you can climb upto...
one that you can fall into...
one is arrival...
one is a surrender...
there are two windows for the death experience to happen
and whosoever had this experience...
in whatever form or way
you can never lose it

you will never lose the experience
any time you want to relive the experience
close your eyes...
and you will feel something hovering over you
it is so alive...
it will haunt you your whole life
and everything that you will do
will slowly slowly start gathering in that being...
that silent witnessing presence

so do not worry you will not lose it
it will only grow vaster and vaster
with the correct food...
the correct rest...
the right environment...
the right gathering...
the right energetic presence...
the help and love of a master...
the help and love of a natural buddhafield...
this experience will grow
vaster...vaster...vaster...

so the outer can help you
and a meditator is one who searches the best...
the most perfect soil for his spiritual growth
that is why you are here...
because we are here gathered together as one
and each experience of yours
and the experience of others who are gathered here
help each other...
hand in hand...
my experience helps you...
your experience helps me...

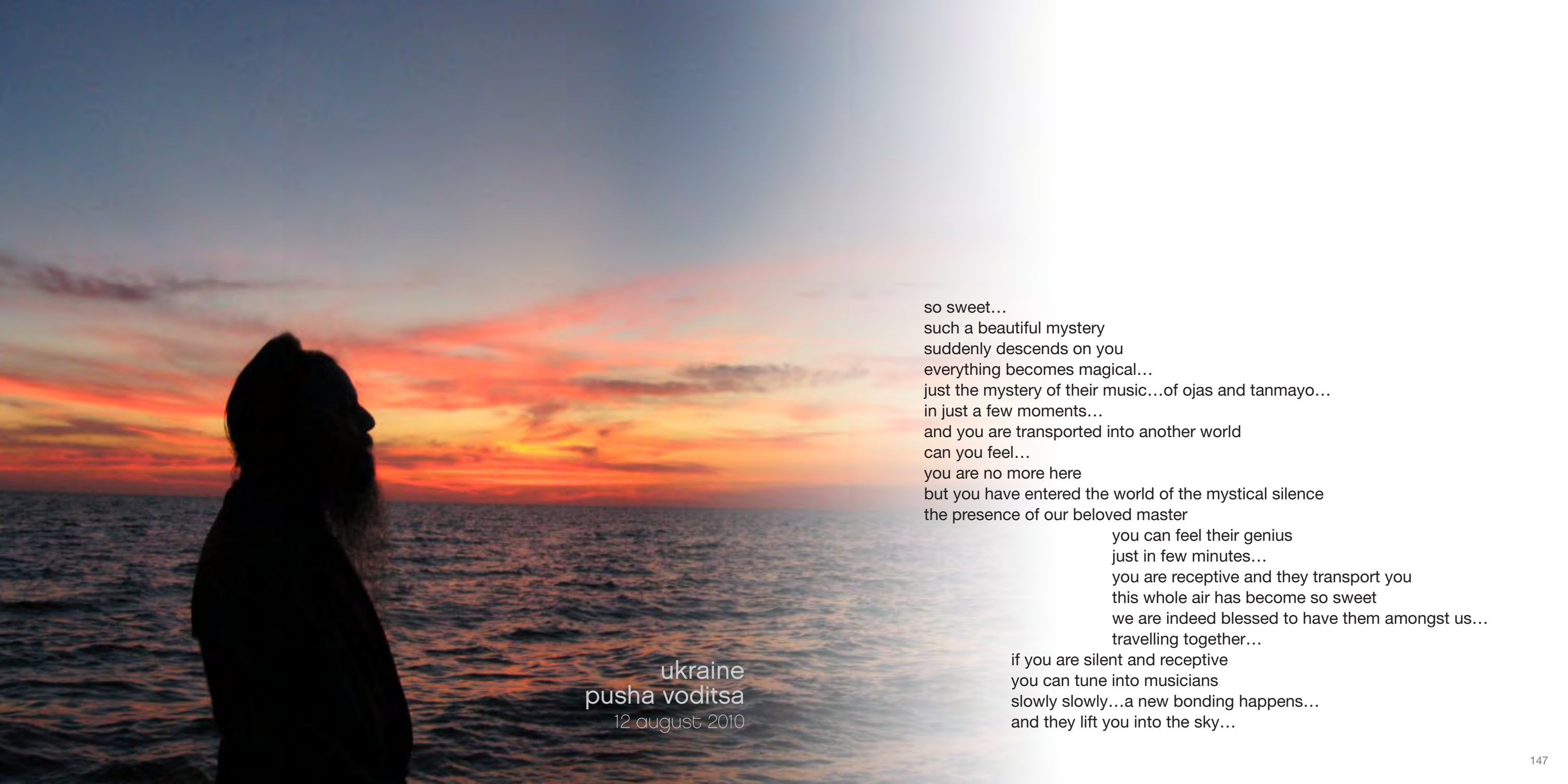
your inner pathways are different...my inner pathways are different
and when many individuals gather together
each ones pathways towards the truth
makes the whole mystery stronger...

each and every person here
is supporting the others truth...
somebody may arrive through the heart centre
somebody may arrive through the third eye centre
somebody may arrive through the throat centre
each person is so uniquely presenting that pathway
that you are helping each and every person here

this is the reason we search for a buddhafield
nobody is higher and nobody is lower here
we are all individuals gathered together
in deep respect and love for one another
what binds us together is our love for our master
and a deep reverence to each and every individual
each person carries a special treasure
and each treasure in this group becomes richer

somebody is a red ruby
somebody is a green emerald
somebody is a blue sapphire
somebody is a white diamond
all jewels put together
you are going to become richer...

do not worry...
you can relive it any moment
you have not lost anything...
and you continue on your journey
and that experience that you have had
will gather more treasures from that open window that is available to you



ukraine
pusha voditsa
12 august 2010

so sweet...
such a beautiful mystery
suddenly descends on you
everything becomes magical...
just the mystery of their music...of ojas and tanmayo...
in just a few moments...
and you are transported into another world
can you feel...
you are no more here
but you have entered the world of the mystical silence
the presence of our beloved master

you can feel their genius
just in few minutes...
you are receptive and they transport you
this whole air has become so sweet
we are indeed blessed to have them amongst us...
travelling together...

if you are silent and receptive
you can tune into musicians
slowly slowly...a new bonding happens...
and they lift you into the sky...

you will see on this magical tour
what music and the mastery of their silence and stillness can create
i am grateful to ojas and tanmayo
for coming here specially...
creating this silence and stillness for you...
to dive into your own inner sky
you can have music
but these living musicians add their being...
their stillness...their presence...is radiating
in the sound that they are creating
you can listen to great music
but it will never be the same...

just a few sounds through the hands of silent musicians
they are the magicians...the buddhas...
the instrument in their hands is radiating their presence
that is why i am so much in love with musicians...
these beautiful creative geniuses !
what they are adding to the sound is an element of their being
so it is not only sound that you are listening to
but carrying in that sound...
you can feel them expressing their stillness
so when you listen deeply to them
not only listen to the sounds that they are creating
but to something present within it...

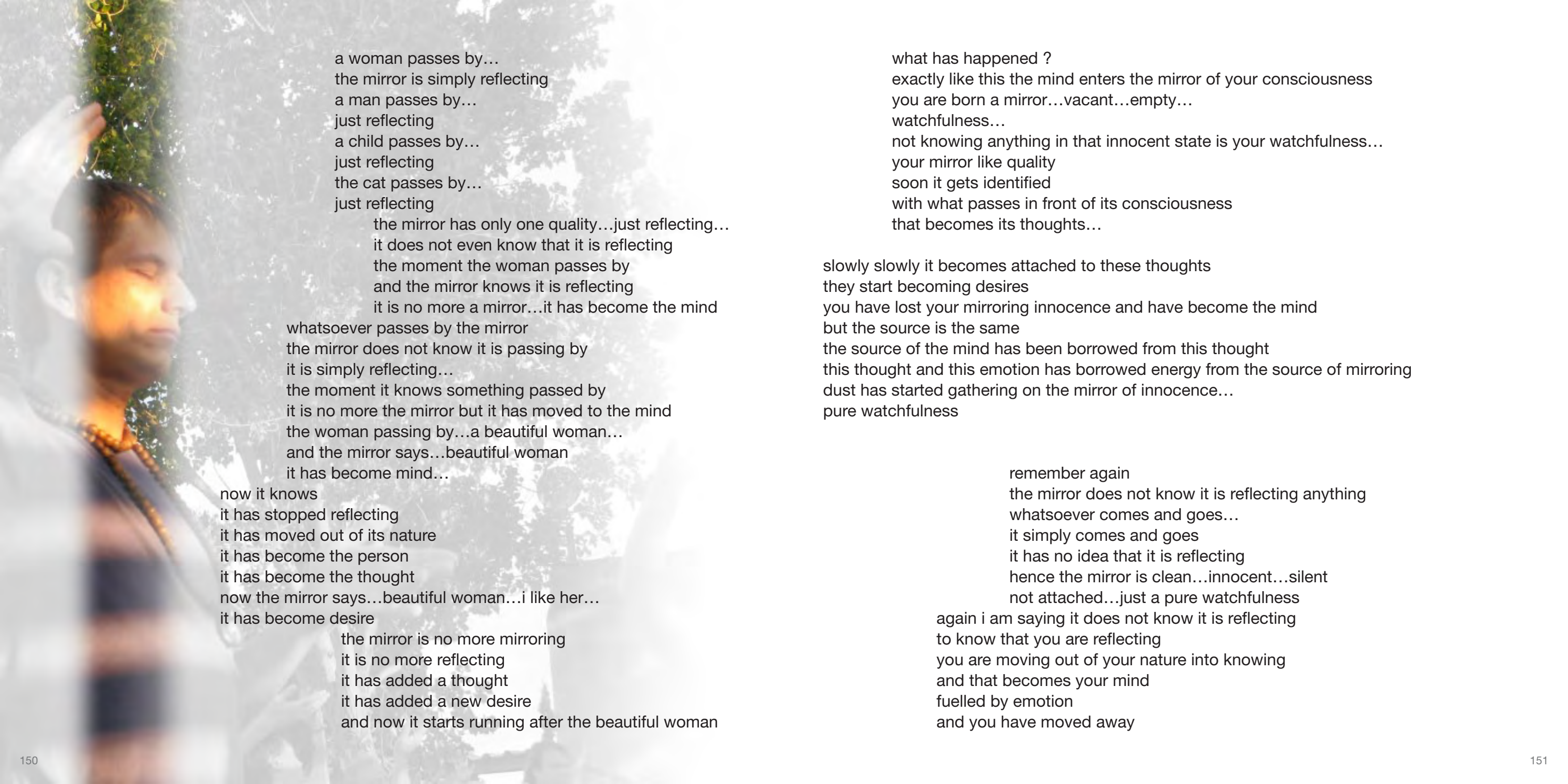
their buddha nature is reaching out to you
they are expressing their presence in that sound
and if you are deep and receptive...
a new mystery will open for you
and you will understand these geniuses
i am simply here to create silence
the music that is moving you is them
they are moving you !

through this tour we will tune into them...
and feel what they are trying to convey through their music
i have immense respect and love for musicians
they are no ordinary people...
especially if the music comes from their silence...
from their meditateness...
it will take you higher and higher
we are one field of love...

can you feel the difference ?
their spontaneity...
those few sounds can penetrate so deep
you can feel the difference ?
tonight when we will listen to them again
we will dive deep with them again
and let them guide us slowly slowly
into deeper and deeper states...

always look at musicians with a mystical eye
become receptive to the spiritual expressing through them
and if you are receptive you will arouse their creativity
and hand in hand you will see a new experience gathering
for me also it is a great experiment...
it is the first time i have the opportunity
to have two geniuses with me
welcome once again beautiful tanmayo...
and my beautiful friend ojas...

this silence is like a mirror
just a silent mirror...watching...
just a silent mirror...reflecting all that it sees
this mirror is absolutely still and silent
this is the watcher
just watching



a woman passes by...
the mirror is simply reflecting
a man passes by...
just reflecting
a child passes by...
just reflecting
the cat passes by...
just reflecting

the mirror has only one quality...just reflecting...
it does not even know that it is reflecting
the moment the woman passes by
and the mirror knows it is reflecting
it is no more a mirror...it has become the mind

whatsoever passes by the mirror
the mirror does not know it is passing by
it is simply reflecting...
the moment it knows something passed by
it is no more the mirror but it has moved to the mind
the woman passing by...a beautiful woman...
and the mirror says...beautiful woman
it has become mind...

now it knows
it has stopped reflecting
it has moved out of its nature
it has become the person
it has become the thought
now the mirror says...beautiful woman...i like her...
it has become desire

the mirror is no more mirroring
it is no more reflecting
it has added a thought
it has added a new desire
and now it starts running after the beautiful woman

what has happened ?
exactly like this the mind enters the mirror of your consciousness
you are born a mirror...vacant...empty...
watchfulness...
not knowing anything in that innocent state is your watchfulness...
your mirror like quality
soon it gets identified
with what passes in front of its consciousness
that becomes its thoughts...

slowly slowly it becomes attached to these thoughts
they start becoming desires
you have lost your mirroring innocence and have become the mind
but the source is the same
the source of the mind has been borrowed from this thought
this thought and this emotion has borrowed energy from the source of mirroring
dust has started gathering on the mirror of innocence...
pure watchfulness

remember again
the mirror does not know it is reflecting anything
whatsoever comes and goes...
it simply comes and goes
it has no idea that it is reflecting
hence the mirror is clean...innocent...silent
not attached...just a pure watchfulness

again i am saying it does not know it is reflecting
to know that you are reflecting
you are moving out of your nature into knowing
and that becomes your mind
fuelled by emotion
and you have moved away

it is as simple as this
it is simply a quantum leap in understanding
it is as sudden as that
that...my god...i am just a pure watchfulness
and from where all these thoughts and identities have gathered ?
becoming innocent again to the vast unclouded sky
is to come home
is to clean the dust of the mirror
and become a pure witness
 witnessing is an art...
 it is a simple knack...
 just a pure watchfulness...no thought...vacant...empty...
 in that watchfulness the whole becomes available to you

the mind is dividing the mirror into parts
it is dividing you and fragmenting you
into so many different persons
how you behave with your mother...with your father...
with your friends...with the neighbours...
with your enemies...with your boss...
a million and one fragments
and that mirror is no more one
but becomes pieces and pieces of reflections

these reflections are borrowing from the source of your power
and you become weaker and weaker
and lose your sense of isness...
your naturalness...
and become part of the mind...the body...and its emotion
it is absolutely natural that this is going to happen
you will lose your innocence
it is absolutely necessary for the body to grow...
for the mind to grow...

if you are not attached to this bodymind
you will simply not grow...
so whatever is happening is natural but in a lower dimension
the search of the mystic is actually the search for innocence
please remember what i am conveying to you
it is not the way to knowing more...more knowledge...
but the way back to that absolute innocence...
not knowing that you are...
that you are reflected in that mirror
you do not even know you exist
you are in wonder...who am i ?

slowly slowly you are detaching
your identity...your emotion...your thoughts
you are becoming disidentified with this reflection
and you will know your true sky...
your eternity...
that silent mirror reflecting

we have to come back to that state of simply reflecting
i call it pure innocence...
so beautiful
are you not blessed that your search is for innocence ?
what a relief !
how do you feel when you know that your search is for innocence ?
it has a totally different flavour
it has a totally different taste
 you can relax
 you can let go into not knowing
 you can dance and sing in your innocence
 what a beauty !
 all that weight off your shoulder...
 you are flying !

just search your simple innocence and that is the mirror...
not knowing...yet it knows all...
it reflects all in its ultimate purity
unclouded...weightless...
that state is bliss
that state is ecstasy
that state is the state of no mind
it is so ordinarily simple...

when you get the taste of innocence
then life is a beautiful mystery
and your not knowing is your wisdom
your not knowing is the sky
do not underestimate what you do not know
what you do not know is your mystery
do not try to know your mystery
celebrate your innocence
everything is perfect

you see ?
we are here gathered...
everything is perfect
just see the beauty
understand deeply what i am trying to convey to you
because it is utterly simple
how to say it to you ?
just remember the mirror
reflecting everything passing by
it does not know anything
it does not even know that it is reflecting
hence it is free
touching the world and nothing is touching it
the mirror sees the world but it does not touch anything
everything simply moves on
and that seeing eye remains silent and still

question *how to bring up the kids ? how to grow this seed of innocence
and how not to kill it ? because we are killing this feeling...
how to support the children ?*

how to bring up children ?
do not bring them up !
you do not need to pull children up...
they are already growing !!
you become like them...

i am just joking
do not take me serious ever
i know what you are saying...i am just joking
i do not like to give any answers
i am not here to answer anything at all
i have given up all answers
i do not even try to give you an answer
i just speak some rubbish
just to pass that question away

how to bring up children ?
this is the problem...
let them be and watch how they are growing
which part of them do you want to bring up ?
their physical body ? just feed them food...
their mental body ? leave them alone...
their emotional body ? give them love...

of course the world is out there
you need to know something to grow and fight in the world
how many weapons do you want to give your children ?
mathematics...geography...history...science...economics...
these are all weapons...different tools...
to be able to fight in the world and succeed

you really want your child to succeed in the world ?
then give him a few guns !!
yes it is necessary...
but while you give education to your children
why not give them a creative education too ?
music...painting...art...pottery...
these evolve the child into deeper inner dimensions of creativity

you cannot sell creativity
but you can sell logic
maths is important...geography...science
coming first in class
all competition...
you need to make your children competitive
always go ahead of the other
do you ever tell your children become a loser ?
do you give him a chocolate because he came last in class ?

you are teaching the child reward and punishment...
stop this day dreaming...
come first in class...
do well...
with this mental education you are destroying the child's innocence
the child is intelligent
let them grow at their pace...

children were put into education at six or seven years of age
but i just heard that they are being put into school at just five...even at three !
do the parents not want them ?
do they not love them ?
they do not need to stuff rubbish in your head so early
leave them alone till six or seven
feel when they have an urge to understand something
and say...yes...do not worry...it is not so important

we love you...you are here...
you have enough intelligence to live your life
you do not need to add more misery
there are so many ways you can bring up your children
or rather do not bring them up

how about those children who have lived fifty years ago
or a hundred years ago...when there was no education
did they look unhealthy ?
their quality of life must have been greater


mystics do not educate their children...they leave them alone
and watch them with great care and understanding
watching the qualities that they are expressing
just helping them along the way little by little
without pushing them...just letting them hang loose...

they do not want to wake up at six in the morning to go to school ?
no need...let them sleep...

i am like that !

do not force your ideas on children
i say...do not bring them up
start becoming a child yourself...
you will understand what the child really needs
and probably the child will teach you what you need
they will show you what is missing in you...

and do not worry at all
wisdom cannot be pushed into you...
mysticism cannot be given to you in education
they cannot make you an angel of light
you understand what i am saying ?
it is a vast subject...
it needs deep understanding...
that is why i do not want to go into a long debate



i am totally against education...
absolutely against education !
no need...
i have not educated myself more than tenth class
especially today...there is so much information available
in the past education may have been necessary
today the children know more from internet than their professors
knowledge is so easy to come by...
the value of knowledge has become pointless today
so what mind are you creating for the children ?
the schools are living in the past
the whole syllabus structure...the whole education...
is teaching you the stupidity of the past...
internet knowledge is so advanced
that a child can simply google every single word...
he will know more than the professor of the university

real knowledge means to be able to find what you need for your life...
you just need a computer and you are free...
a bit of language
education can be finished in four years
maximum five years
just basic abcd...

a new form of education is needed
of meditation...
of the inner science...
of how to understand love...
of how to be receptive and sensitive to your inner being
it is a bigger universe within you...
you can have a phd
and not know how to express your love
you can see all these professors...
all these intellectual scientists...

they do not know how to convey love...
they do not know how to express gratitude...
they do not know the beauty of innocence...

you can give your children an inner sky
of freedom...of sensitivity...of love...
of understanding that they are beings of light
that is why i am totally against outer education
it destroys a childs ability to be sensitive
to search answers from within
education gives you every answer from without
it is an utter lie...
even if a buddha gives you knowledge...it is a lie
it is just information
even speaking truth is passing information

the child is sensitive
they can draw the inner knowing from within...
and that receptivity is education...
how to draw inner understanding...
silently...
from within...
outer knowledge is stupid
computers know everything
inner education is of simple things
love...kindness...compassion...gratitude
silence...stillness...meditativeness
these are simply inner sciences

please do not bring up children
let them bring you up...
of course you need to give them some food
a few clothes but leave them alone

trust existence that has given birth to that child
it is not your child...

existence has brought life to this earth
and life is carrying the meaning of life within it
it has to...

that is why it is living...

understand what the child is carrying...

your whole engagement with the child will be of respect and love

you will watch the child mystically

and keep a watchful eye...

that the mystical qualities within that new life force

is given full opportunity to express itself

never force anything on a child...

because a child does not have a voice to reject it

he is only trying to please you...

because you gave a candy for coming first in class

you are selling your children for candy

you have given a reward

you have already set a standard

the child wants to make mummy happy

he wants to make his teachers happy

he will fight and struggle to come first

just to please you...

change the value structures through deeper wisdom

actually through love of the mother

the mother knows

do not push the children

and you will see a beautiful flowering

i am not educated at all

do i look foolish to you ?

maybe in the world i cannot compete

but i have even taken my physical body to the world

and i have proved to excel...

just because of my intelligence that came from within
intelligence has a certain quality of sharpness...

of knowing...not knowledge

please do not try to do anything to bring up children

leave them alone

they have brought a treasure

let it mature...and you will see the flowering of the child

because nature is taking care of the child...

life is taking care of the child

we should stop all this education system

it is totally ridiculous

what does it matter if two and two is four ?

what does it matter ?

what does it matter if genghis khan was a barbaric person ?

who wants to know about hitler ?

you do not even know how to breathe...

what information can you have if you know the whole history of mankind

but if you do not know your own breath ?

if you do not know how to love a woman ?

the whole education does not teach you the inner sky

so all education is meaningless

maximum four years is my suggestion

and that too not at an early age

educate them after seven or eight

give them time to mature in their inner puberty

younger age of children is a very impressionable time

the first seven years of your life...

the quality of your inner restfulness will determine your intelligence

let the children become acquainted with their physical body...

with their emotional body...with their puberty...the growth of hormones...

let them become naturally acquainted with it

then you start feeding them with little bit of outer knowledge

i think seven till eleven...maximum...

after that let them enjoy
let them fool around till they are twenty
ten years of freedom...
give them ten years of freedom
and see what they really need...

maybe seven years of inner meditation
inner and outer both need
and today oshos universe has grown vast
there is a whole education system becoming available
to osho disciples...specially for their children...
six hundred books of our beloved master osho
it needs five to six years to read
why not educate them in the inner world ?
and who is to say the inner world has no future ?
i say the outer world has no future
because all education is available on the computer for children...

the inner world education is so vastly missing in this world
that this will become the new way
how to get out of this insanity ?
this madness of cramming knowledge into your head
how to learn to become a human being ?
you can see the whole world is going to move emphasis towards inner education
and that is what osho has been trying all his life...
through his groups and therapies...to create a new man
because we are so few and this world has become so mad...

we are living in a mad asylum
we do not need doctors anymore
but meditative lovers of the inner being...
at least become a human being
i think the world needs a few human beings at least
they have all become robots...

imagine one million children are learning to become human
understanding the softer qualities of inner understanding
becoming mystics...
eight billion people in misery
one million doctors of love
doctors of celebration...of silence...of mysticism
what a beautiful opportunity we have !

do not educate your children
just let them relax
and see what happens
if nothing happens so what ?
no result is okay...
we are not giving birth to children to get results out of them...
they are not an investment in our future
let them go astray
that is their joy !

do not try to help the children grow up
they are growing up too quickly...
they do not even have time to enjoy the depths of childhood
let them enjoy their lives...

they should bar all education
until seven years or eight years old
and then four years of some stupidities
few things...just abc...
and then give them the libraries...
internet...a couple of computers...
let them search what they want
and children are very intelligent
what they want to know they will find faster than light
what they do not want you keep stuffing into them...
they are not interested...
let them find the own way



it is too big a subject for me to discuss
i have spent seventeen years in the mountains in deep silence...
trying to understand what went wrong on the way...
the child is born so intelligent
what went wrong ?
and i have seen it clearly
it is the education...
the parents...
the first enemy is the parent...
but you are intelligent
you can find the way out...





ukraine
pusha voditsa
13 august 2010

this vast silence that surrounds you
is expanding and expanding and expanding
just a vast ocean is surrounding you...
pure silence in this expanded state
the taste of bliss
so sweet...
so vast...

you have wings of silence surrounding you
deep within is the same silence
hidden deep within you...this silence and stillness
surrounding you...this silence and stillness
in the middle there is this wall
in the middle there is this division
you bodymind is in the middle

how to disappear so that the inner and the outer merge
and there is no more any separation
this is your search !
to dissolve this separation between you and the sky
become so silent
that you can hear the outer silence penetrating
this is the whole knack

go deeper and deeper into your inner stillness and silence
listen so deeply that you become a magnet
everything within you becomes magnetic...
it starts pulsating silence
this magnetic quality of silence within you
starts drawing from the outer spaces
and the silence of existence filters into you

from the inner...you are reaching the outer silence...
and the outer silence is showering upon you...
slowly slowly you merge
and you are no more there
what remains is a pure state of silence...

this experience is so utterly simple
this experience expands your inner boundaries
and you become boundless
and all that weight simply evaporates like an illusion
you do not have a body anymore
you have wings
and you can touch the sky
this is the experience of unboundedness
and in this state you can experience your utter bliss

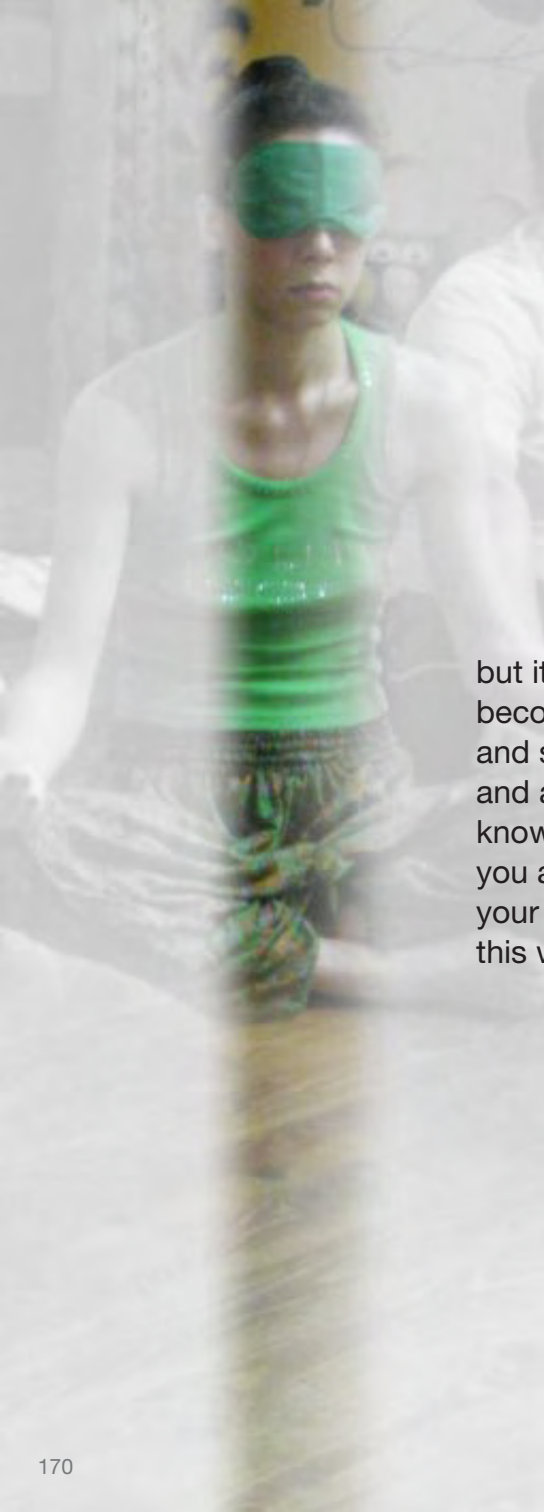
the body completely evaporates
there is no more sense of i
there is no more sense of body
just a pure spaciousness...
pure emptiness...
filled with the blissful buzzzzz of life

this silence is not empty
it is filled...with harmony...with grace...
with so much sweetness...with such a bliss...
it is overflowing with life
this is the beauty of the word silence

in silence you are not alone...
in silence you are connected to everything that surrounds you
the trees and the birds and the flowers
in silence this earth...this sky reaches out to you
just learn how to listen to that message
you are not separate from the whole
you are one
oneness...
a real experience
no separation
just that experience of unbounded silence
and something within you settles
this anxiety...this rush...this achieving mind...
this dreaming state of desires suddenly becomes fulfilled

in this state of silence...for one moment...
just feel what i am conveying to you
in silence you are not alone but connected
with no wall...with no separation...
with all that surrounds you...

you need to grow subtler and subtler
and understand this silent treasure
that you are carrying within you
this is your eternity
when all will be gone
this mind...this desire...this dream...
when all disappears...
what will remain will be this presence
your being of light and weightlessness
will suddenly reveal itself to you
silence is the message
deeper and deeper and deeper states of silence



and the deeper the silence grows within you
the more stillness surrounds you in each and every act
silence and stillness are the bridge
and a very innocent simple state...

when you go in
do not be afraid that it is becoming so silent
in the beginning it will feel like emptiness
because you are so used to the noise
you are so engaged in activity
you are so engaged in moving the body continuously
that this experience of stillness seems empty
this emptiness within you feels alone
nobody here...

but it is just the initial taste
become acquainted with this beautiful treasure
and slowly slowly this magnetic quality will grow
and a deep trust...
knowing that this silence is dissolving you
you are no more alone...
your silence is understood by the birds and the trees and the sky
this whole universe understands this language

to connect back to the whole...
to drop this ego...bodymind and struggle...
is the search for your home
you are from this universe
and to experience it is your birthright
to regain your sense of your buddha nature is utterly simple
very simple !
become friends and acquaint yourself with your silence
understand the beauty and the grace of stillness
become a friend to it...

to explode into silence you need immense silence
because this bodymind has been so filled with rubbish...
so much chitter chatter...
so many ambitions...so many dreams...unending desires...
you finish one dream...one desire...
and because you have achieved it
another dream and desire comes
and you achieve it...
and another dream and another desire appears

each dream and desire that you fulfill
is creating the pulse for the next one to fulfill
you fulfill it...
and you have created a new desire...
this is the very nature of the mind
it becomes a habit
i fulfill this...i can fulfill that...
and your sense of achieving...of success...
lies in fulfilling dreams and desires

this is the catch !
each dream and desire that you succeed in
you got trapped in the success
one success...one new dream...

how to fall out of this whole process of dream desire and doing ?
dream desire and doing will get you out of the circle
it will put you deeper into the circle
because your achievement has given you a taste of blood
and now it has become your addiction
and once you achieve everything in your life...
and you have no more dreams and desires...
and you look utterly foolish and stupid...
then you project the same desire on to your children

you have attained everything in life
but now you need to live for your children
you need to fulfill their dreams and desires
and the ball keeps rolling...
you can never get out of this trap !
mind is a beggar
it is a parasite
it fulfills itself in achieving goals...


understand how you are trapped
all the newspapers...televisions...outer bombardment of knowledge...
your friends...your education...your neighbours...
everybody is achieving...
and you keep looking at them
and your whole education system keeps giving you futures
a hundred and one futures are created for you
these are your friends !?
they are so concerned about your wellbeing
they keep giving you a hundred and one ideas about your future
and the reward are so many thoughts of future in your poor little head
it slowly slowly starts filtering into your heart
and arouses dreams within you
that if you can have that...your heart will be fulfilled
you are given false dreams and you think they are your dreams
and you need to fulfill them with your life
so many thoughts...endless desires...

in reality you get only one pulse of life
just one pulse...
you can only live one moment at a time
now the poor one simple moment...
with so many dreams and desires
so many different possible futures open to the world

what to do ?
you stop breathing...you stop living...
you start dreaming...you start thinking...
you start running around...
life is too short
you need to achieve all of this
life is too short...
there you are in the trap !!

living totally is not running around fulfilling your dreams
living totally is living totally into the very pulse of life...
how to deepen vertically the experience of this life pulsation ?
how to create intensity in this pulsation of life ?
how not to spend this energy running after dreams ?
your life force is getting spent...consumed...in dreaming for the future
everything is out there
you are nobody
your life has no value
this moment that has been given to you has no value ...
because you are not fulfilled
you will never be fulfilled
it is simply impossible !

whatever dream and fulfillment which has been given to you
by the outside can never be fulfilled
just remember once and for all
these are not your thoughts...not your dreams...not your desires...
they are given to you by parasites from the outside
and you are selling your present life into some probable future
you cannot dance...you are so busy
you have to go to office to fulfill that dream
you are living in the world of the dead
these are simply dead objects !
they can never fulfill you



gautam buddha walked naked with a begging bowl
a king who left his empire pulsated at the source of life
enjoying the moment of life entering him
its fragrance and its beauty
utterly content...not running after anything...
utterly fulfilled...just because life is pulsating

bill gates achieved everything
but he has not known the source of life
achievements cannot fulfill you...
they can fulfill your ego...
they can fulfill your friends expectations...
your families expectations...
others expectations of what they want you to be
you will be successful for them but deep in your heart
you know you spent this whole moment of life
chasing dreams to satisfy others

life is very sensitive
you only get one moment at a time
life is very short
especially short because you have missed it completely
go to the source of life...
feel the pulse...
let it enter your heart...
feel what it is saying to you...
maybe it says have a nice dance
maybe that pulse of life entered your heart
and says look at that beautiful flower
maybe it says sit by the river
life will only look for living...love and celebration...

life is not going to search for some imagination...some dream...some future
life is going to want to live it now...here...this moment...pulsating in the heart
and what can be more beautiful than to look at a flower...
to enjoy that pulse of life given to you

one pulse of life
feel it in your heart and act through simple actions
and you have bridged your inner life force
and slowly slowly this channel will start guiding you through your heart
and you will find the way of life
you will not run after some imaginary dreams and goals
you will live life in deep gratitude and thankfulness

it is abc of life...
i only believe in abc
there is nothing complicated
understand it clearly
all these thoughts of the future
even if you fulfill them all
a new layer will open immediately
you have got this house and this car and this wife
now you want the others house...his wife...and his car !!
bigger and bigger the dream
because this is the habit of the mind
understand the mechanism of the mind

mind simply repeats itself again and again...
it gives you a bigger dream and a bigger desire and a bigger future
sounds familiar ?
this is the circle you need to get out of...
drop out of this circle of foolishness
do not waste your life in meaninglessly running around
for things that have no reality
understand what is real...
now !

what is future but dreaming and projection ?
live here now...
make your life simple...
slow down...
transform your day to day life into a simple innocent living
just four to five months of deprogramming this blindness
and you will learn how to fall out of this trap
if you value life you need to find a way back
and remember i am saying it again and again
it is a simple understanding and a simple knack
that is what makes you a meditator
understanding the mechanism of the mind
no need to go against the mind...
simply understand that you are the master
mind is not your master
mind is a very good servant
it needs to do what it needs to do
but you are not a servant
you are a buddha !

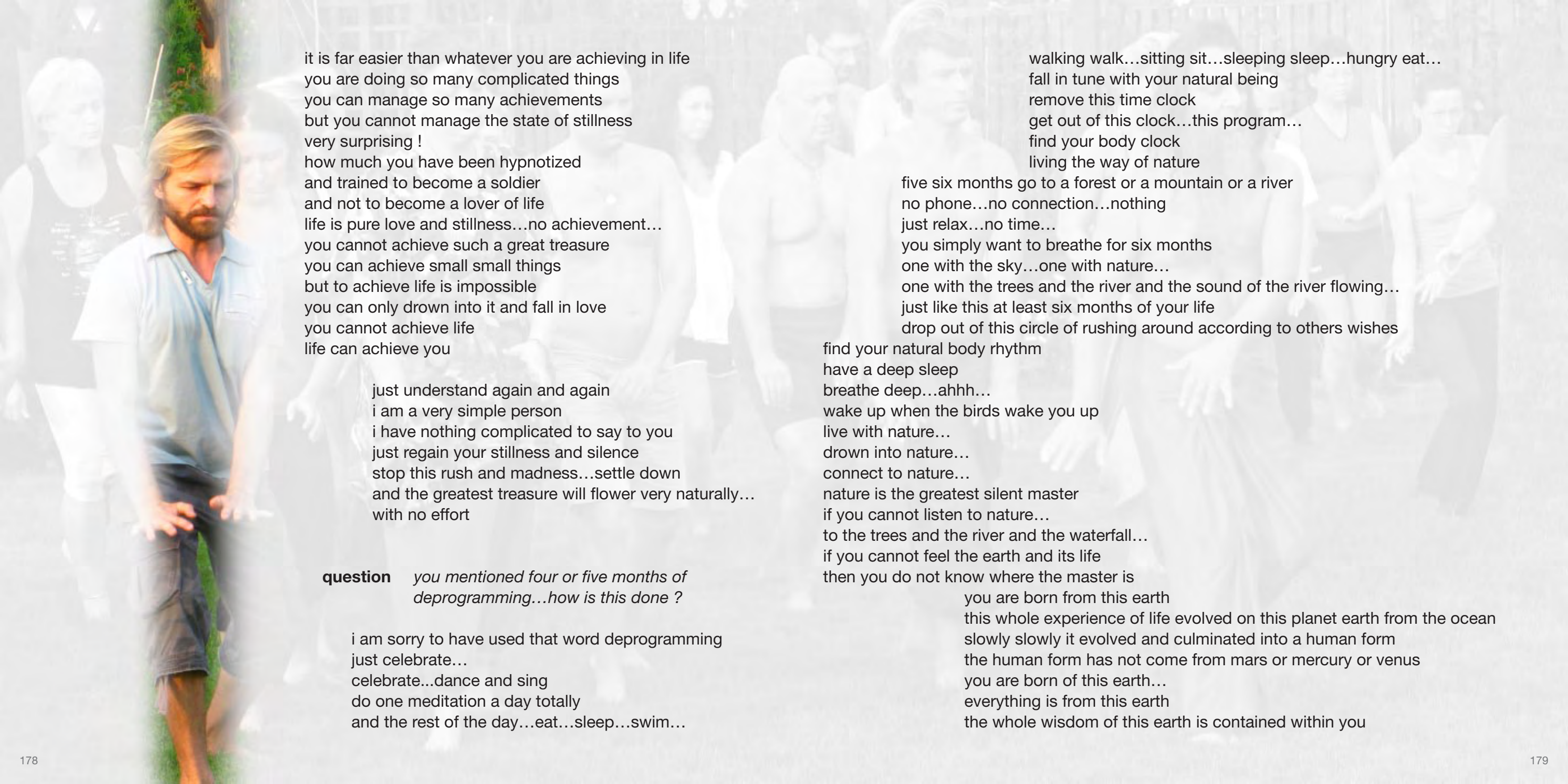
you are a being of light carrying this little mud house
and the mud house is dictating to the being of light...
where it should go...what it should do...
no no no !!
that is the madness of the mind
let your being of light take you forward
listen to it
and you have a perfectly good servant...the mind
it will listen to what you have to say

it is very simple
really simple
i have not done anything extraordinary in my life
i have not done anything special

i just stopped becoming special and doing special things
i love my ordinariness and my laziness
i have no goals to achieve and nothing to do
and in this my inner flowering has happened naturally

it has not been even an attainment or an achievement
i have fallen out of that attaining and achieving madness
just falling out of it
and everything is beautifully perfect
and i have attained to nothing
just a simple innocent humble silent being
it was always within me
just the love of my master
his beauty and grace
something in my heart pulled me
something in this human being is so beautiful...so fragile...
such a fragrance is spreading around him
what is the source of his illumination ?
that love for my master became my magnet
he drew me into my inner being
a master is one who makes you fall in love with yourself

just looking at the beauty and the grace of a human being
something opens in your heart
and this is not desire...
this is wisdom and understanding
enlightenment cannot be desire
but a magnetic inner pull...
from the unreal to the real
from the dreaming and chasing
to the living here and now
from the complications of life
to the simplicity and innocence of simply living your life



it is far easier than whatever you are achieving in life
you are doing so many complicated things
you can manage so many achievements
but you cannot manage the state of stillness
very surprising !
how much you have been hypnotized
and trained to become a soldier
and not to become a lover of life
life is pure love and stillness...no achievement...
you cannot achieve such a great treasure
you can achieve small small things
but to achieve life is impossible
you can only drown into it and fall in love
you cannot achieve life
life can achieve you

just understand again and again
i am a very simple person
i have nothing complicated to say to you
just regain your stillness and silence
stop this rush and madness...settle down
and the greatest treasure will flower very naturally...
with no effort

question *you mentioned four or five months of
deprogramming...how is this done ?*

i am sorry to have used that word deprogramming
just celebrate...
celebrate...dance and sing
do one meditation a day totally
and the rest of the day...eat...sleep...swim...

walking walk...sitting sit...sleeping sleep...hungry eat...
fall in tune with your natural being
remove this time clock
get out of this clock...this program...
find your body clock
living the way of nature

five six months go to a forest or a mountain or a river
no phone...no connection...nothing
just relax...no time...
you simply want to breathe for six months
one with the sky...one with nature...
one with the trees and the river and the sound of the river flowing...
just like this at least six months of your life
drop out of this circle of rushing around according to others wishes

find your natural body rhythm
have a deep sleep
breathe deep...ahhh...
wake up when the birds wake you up
live with nature...
drown into nature...
connect to nature...
nature is the greatest silent master
if you cannot listen to nature...
to the trees and the river and the waterfall...
if you cannot feel the earth and its life
then you do not know where the master is

you are born from this earth
this whole experience of life evolved on this planet earth from the ocean
slowly slowly it evolved and culminated into a human form
the human form has not come from mars or mercury or venus
you are born of this earth...
everything is from this earth
the whole wisdom of this earth is contained within you

first connect to nature...
that is why i love lao tsu the most
no blah blah blah
no feeding your mind with information
but just showing you the way

 sit under a tree...
 become silent...
 and the tree will show you the way
 the human being is also a tree
 your seed...roots...trunk...branches...flowering...fragrance...
 you are a walking tree...

the greatest master in this world is a tree
you can live sixty years...seventy years...
trees can live three thousand to five thousand years
look at the wisdom of the trees !
when any master has become enlightened
he immediately rushes towards a tree
and connects to the tree
the tree secures his being of light...

 about the word deprogramming...
 i am not a therapist or deprogrammer
 i am saying get out of any program
 you do not need deprogramming
 you simply get out of all programs...
 and find your human heart
 connect it to this beautiful world
 and you have so many natural elements within you
 you are a wild natural being

you have not been contaminated as yet
and you can easily connect to nature
connecting totally to nature is your enlightened presence
let me say it clearly...the trees are enlightened...

everything in existence is enlightened...except man
because we think we have a special program
that we are beyond the species of birds and trees and animals
because we have degrees and classes and universities
we are special people
we are free to be stupid...
we do not know how to connect to nature

follow the way of nature and nature will guide you
i have never seen a fake river...
i have seen many fake gurus...
even my words are fake...
i cannot be as truthful and as honest as that flowing river...

i just came from mexico
where we went to the most beautiful waterfall
the waterfall continuously reminded me of the truth
millions and millions and millions of drops of water
cascading down the waterfall
each and every drop creating pure sound...a pure vibration...
not a single drop...not a single drop...was uttering a lie
millions of molecules of water rushing by
and you could hear the sound of aum...aum...aum...
pure vibration of truth
filling the air in such abundance

the master is present in that waterfall...
not a hint of a lie
whatever obstructed the water...
it simply flowed and flowed and flowed
with no hesitation...a pure let go...
no complaints...no hurry...
just flowing in utter rhythm
and so many molecules of water flowing down that waterfall
the result is pure sound of bliss...

listening to a waterfall is a sermon that not even gautam buddha can deliver
no master can deliver that soundless sound so perfectly
who is the greatest master ?
that waterfall !

but do you know how to listen ?

do you know the profound message that the waterfall is giving you ?

are you listening intently enough to know

that this is the sound of truth that you are searching ?

or you think it is just a waterfall ?

you believe in human lies...

and all gurus and all masters are fake

even enlightened masters are fake

as far as that waterfall is concerned

it is the ultimate truth...

listen deeply

the leaf becomes old...

no lipstick...no makeup...no perfume...

it simply falls...

so beautiful...that falling leaf...

no resistance

nature is the greatest master...

and the greatest way is of tao

just drop everything

find pure naturalness

you are naturally a buddha

buddha is nothing but pure naturalness

and abundance and overflowing of this naturalness

whole...complete...natural...

five months in the forest

sleep with the river...under the stars...

and if nothing happens...perfectly beautiful...

do not expect anything to happen

you are simply enjoying your breathing
and you deserve six months of life at least
not to attain anything...

because that is another office also

the worst office is the attainment office...

i am gone for my enlightenment

better become the president of a country

it is easier...

do not go to office for enlightenment

just go to become a natural human being

and in that beauty a certain wisdom will flower in you

and if nothing happened you celebrate nothing happened

thank god nothing happened

because nothing is meant to be happening

do not expect anything to happen...please !

whatsoever has to happen has already happened

you simply become aware of what is happening already...

do not search for something to happen

you are not going to fall out of your skin...

you are going to be more real

go for a six months deep vacation

utterly lazy...no search...

beggars are searching

emperors do not search their kingdoms...

they know the kingdom is there

do you think an emperor is saying...

oh i have to go rush back to my kingdom ?

he is an emperor !

whenever he feels like strolling back he will stroll back...

sannyas is the way of the emperor

we are not beggars

not even for enlightenment...

enlightenment can beg you...
you are so available...
you are so beautiful...
so silent so still...
no demands no questions...
you are very interesting for enlightenment
it will get hold of you...
this is how enlightenment comes

when enlightenment comes to you just look the other way
say no no not now...tomorrow...
today i am too lazy for this experience...it is too much...
i just want to sleep today...

say maybe but tomorrow i will consider about it

please do not run after anything...not even after god
god comes to you like a magnet because you are home
you are relaxed...
you are open...not searching
you are perfect for that experience to flower
it will simply flower..
because there is no struggle...you are home...

become natural...
natural flowering...you can call enlightenment
i do not even want to call it anything else
be drunk with the divine
hell with it !

you do not know...you are drunk
what happened to him ? you do not know...
this is what happens actually to people who become enlightened
what happened to you ? i do not know...
i am just content and blissful

the word enlightenment is so ridiculous
as if it is an achievement
just have a nice six months holiday
what do you think i am doing ?
i am on an eternal holiday !!
just one hour a day i come here
i speak some rubbish and i go back to sleep !
i am not saying anything special
i am spontaneously speaking from my heart
whether it sounds good or not...i am not concerned

the fragrance of the rose...
is an overflowing abundance of its wholeness
because it is natural
and so much stillness and silence
it is the flowering of abundance...

i have nothing to achieve...nothing to deliver...nothing to do...
i have nothing worth that i have found
everything that i thought was worth
has disappeared into nothing...
i am weightlessly sitting silently

you are very beautiful
you are juicy
that is why i wanted you here ...
you are a really juicy guy !
juicy...so earthbound !
i wish you could sit here and speak
i am sure you have much to say...

and that is my dream
to find some mad people
and put them on a chair and let them speak
we need thousands of mad buddhas

question *can i come closer ?*

yes ! absolutely !
beautiful...assert it !
do not be afraid
come closer...
always say yes to your inner being
never be afraid

this is a yes...you see ?
raise your hand
yes i am here
perfectly beautiful !
this is it...what a joy
you can ask anything now

questioner *i have to ? its a long question...*

ha ha ha haha !
tall man...tall question...

questioner

*i have one meditation i love most...
i think that is the greatest meditation amongst all...
because it is a meditation of silence
amongst all meditation the fourth or the fifth stage is silence
i try to get rid of the mind
in order to get rid of the mind we need to shut up
is like a chimney...when the pipe is closed...
when we close our mouths...when we shut up...
our thoughts are not going out
and because of absence of air they die and when no more
thoughts remain then it is possible to watch
all the small process which are constantly going on inside
watching all this flows you are telling us about...
we are doing this meditation for the sake of this small moment
of silence...so much hard work to do and so fast we get rid
of this silence...that is my question...when you watch in silence
over this process in the body...this string...the energy...
becomes bigger and bigger and once one day it explodes
and you are no more and this is the day of your birthday
and you celebrate it but more energy comes into you...
so more energy you need to give ?
you cannot stay alone without these people that surround you
because with no people around you what will happen with
that energy ? the question is the following...if no people
will be around you like those people who visit your satsangs
or your camps...what will happen with you with that energy
overflowing ? is it possible for you to stay alone and not to do
what you are doing ?*

firstly my whole work is to confuse you
so i am enjoying him very much...
because he is helping my work by confusing you !!

when you are utterly confused your mind gives up...
so i am interested to listen to him more...
because now i am also confused !!
ha ha haa
the little bit of mind that was left around me...
evaporated...he has confused me totally !
even my mind has fallen into silence !
ha ha...great zen master...

the more you get confused
the mind cannot understand anything
and the mind simply has to stop thinking
this is one example...
it is a great example !
you have to use everything positively
confusion is a great art...

if someone can confuse you totally
like jabar...speaking gibberish...
he keeps confusing you till nothing makes sense anymore
you simply give up to make sense out of it
and the mind falls !
confusion is one of the great methods towards truth
some masters are geniuses
even gurdjieff used this method of confusion in his book
tertium organum
all rubbish !
rubbish...rubbish...rubbish...rubbish...
you do not know where to go
till suddenly something in it makes a little sense
so you feel you may read little bit more
and then again rubbish...rubbish...rubbish...rubbish...rubbish...
so you do not know what to think
and then again one statement comes...

what is he doing ?
he is confusing your mind
when the mind begins to understand truth
it becomes knowledge
and mind will hold onto anything that makes sense
now here is this man...
i do not know what is his question
it got triggered...suddenly...oh my god...
let me try to think what he said...oh...okay

what would i do if nobody was here ?
i am never alone
i lived in the mountains for seventeen years
i was alone...physically i was alone
but even if i am physically alone
somewhere in the neighbourhood...in the clouds...in the vicinity...
some souls are floating around...even they have questions !
ghosts come to meet me !

i have never been left alone after i died...
before that i was alone
now i am one with all...
so i do not know what i will do when i am alone
i will do the same thing that i am doing here
i am not doing anything special here
i am simply speaking to myself
and whatsoever is happening i am watching it happening
everything is showering light
i do not see any darkness anywhere
if i am in the room the same showering will happen
even the walls and the animals and the trees speak to me
i am never alone...unfortunately !
and this i have been saying again and again
once you are enlightened you are never alone
what to do ?

are you more confused now ?
keep getting confused
if you read my book
i have declared that i have never been left alone after that explosion
there are two guys continuously following me...
watching what i do...how i behave...
i tell them please leave me alone once in a while
they keep following me !

i am never alone...unfortunately...
but i will be the same
those who have known me
when i was in the mountains for seventeen years
i was exactly the same

i never met anybody
once in a week i will allow one person...maybe...to see me
if i got to know somebody is coming after one week
one week i was disturbed...
because i know six days later this one person is going to come
and i will have to speak to that person
and whosoever comes to me...
i cannot let them go empty handed
i will do my best to fill him with something mysterious
so i will have to make an effort to come out of myself
and fill him with some love...
and i was so lazy...i had no desire to fill anybody with anything !
i was simple watching this experience descending on me continuously
and wherever it flowed i watched it flow

living alone
the garden around me became green
the trees around me became juicy
the whole area where i lived became filled with light
and where it spread was not my concern

to me it is all the same...no difference...
but since i have begun speaking
i feel that few people can benefit out of love...
a few tears in their eyes...
their heart opening...
then i am willing to do anything for them
that is what draws me to beautiful human beings...
their celebration...their dance...
when i see them dancing and celebrating it touches me
and that is the reward
i want to dance with them more and celebrate more

many people have known me to dance alone
i will tell you one funny story
one day i was dancing by the river alone
this was in the himalayas...in kasol...
the river was flowing...
i was alone...dancing...
i felt no time...it must have lasted three hours
three and a half four hours...
just the sound of the river and i was dancing...dancing...dancing...
i opened my eyes
my hands were up in the air and guess what i saw
a whole cobweb !
one spider made a nice cobweb
while i had been dancing for three hours

it is really true
many nights i have not slept...
just dancing...dancing...dancing...dancing...
the body does not stop dancing
i have to force myself to bring my hands down
so much overflowing...
i dance...i simply dance

and you asked something about getting rid of the mind ?
no need to get rid of the mind...please !
i never told anybody get rid of your mind
it is too difficult...

okay i think i have spoken too much
too much confusion for one night
now let us listen to more truth...the sound of truth...
ojas...tanmayo...
the sound of truth...

let us enjoy their beautiful music

yes ojas perfect...

now all you russian girls have to do something...

ojas...he is a groovy musician...

wherever one groovy musician walks all the girls are following him

from tomorrow...i want to see six women flocking around ojas !

got the message ?

ojas moving and six women around him...

this groovy musician is a superstar here

i am not joking !

ojas...can you show your face ?

they do not know who you are

show your face !

ojas ?

ha ha ha

with great difficulty we got this guy

do not waste him...

let us see what happens tomorrow

it will be answered through their music

i promise you

the next question...the music will answer it

listen !!

you will get the answer





ukraine
pusha voditsa
14 august 2010

how to come to this moment...this present moment ?
how to arrive to a vertical state of stillness
so that your body becomes still and silent ?

mind is continuously moving
just like a pendulum
continuously moving...like a clock
past...future...past...future
such a big past
so much you have lived

so much information you are carrying
taking all this information and experience of the past
the mind projects into the future...
your past is not only the past
your past is already imagining the future
the future is living in the past imagination...
and all your past experiences are projected into your future life
your future is nothing but your past being refined...

all your ideas and experiences of the past
becoming more refined and are moving toward the future
past is dead mind...
future has not yet happened...
mind is projecting into the future of dreams and desires
both are not living in the present
so much past...so much future yet to live
this present moment...has no space to breathe...

this present moment is just one vertical pulse
just a single moment

this single moment is becoming available to you in the present
it has no reality...

absolutely none whatsoever...

it is not even part of your imagination
so much past you are carrying
so much future you are projecting into
you have no present moment
hence you are not even living
can you understand ?

all the past in the mind

all the future in dreaming and desire

who are you ?

where is this present life within you ?

this present life is moving in the mind and in your dreams

and the present moment is so thin and so narrow that you completely miss it...

you do not even know that there is the present moment

this is why the masters speak continuously

about coming back to the present moment...

can you see how complicated it is ?

unless you can drop the past and the future

and learn to live in this very small pulsating moment

you have missed life completely...

what a joke !

life is in the present
one moment at a time
you do not even have time for this moment...
this is the misery
that you are not even living
but there is a clue...what is in the present ?
mind is in the future and the past
heart is in the future and the past
but what is in the present moment...is this body

this body can only live here

this body can only be now

hence the whole effort of masters is to bring you into the present
herenow

to bring you back into this physical body...

your body is not projecting...not dreaming...not desiring...not imagining...

how to come back to this body and be present to this form ?

shock yourself into the sense of being herenow

then at least you have a chance to live herenow...

this is the effort of dynamic meditation...

ho ho ho ho ho

deeper...deeper...deeper...deeper...into the body

the moment keeps pulsating in this body

and you begin to feel this body and its aliveness

the whole effort of vipassana meditation

brings you herenow...to conscious actions herenow...

each and every movement of yours is filled

with a meditative herenow

walking meditatively...

moving meditatively...

you are bringing the body to this standstill moment

you can bring the body to the herenow

the more you understand it

the more the stillness appears in this body and its movements

the moment you have come to the stillness in this body
you are experiencing the present moment
because stillness stops the mind
if your body can be utterly still
this pendulum of mind moving...tick tock...tick tock...tick tock...
past future...past future...past future...
this movement stops
and you are here...
stopping this body into a state of stillness...
stops the mind...
mind stopped...
the projection stops...
the dreaming stops...
you have come to live in the present
 this is a beautiful revelation
 that if you can bring this body into stillness
 you can stop the mind from wandering around the universe
 if you are living in the past you are living in the dead
 if you are living in the future it is dead
 life is this present moment...
 living totally means living in this vertical moment...
 living this life...
 this one drop of life...
 vertically deep...
 because you have only one moment at a time...

in fact you are running around horizontally into the world
and all that movement is creating more mind
slowing down the body
this whole body is coming to a standstill
and you are living totally...not a single movement
but you are living totally...not a single ripple
you are in the present moment perfectly herenow
what a strange experience

when people say...i am living totally...
they are running here and running there...
they are living in their projection
you cannot live in the projection
it is simply an illusion
you need to experience real life and real life is here
so strangely...slowing down...is living more totally
utterly still...and you have lived totally
not a single movement...you are on that hairline of life
and you are complete...

many times i hear people say
i am living life totally moment to moment
they can misunderstand the masters words very easily
they are not living their lives moment to moment
they are living their dreams...far away !
they are not living their lives moment to moment
they are living in the past...dead memories...and future projections...
running around horizontally...the centre has no life pulsating
the vertical centre has no life strength
 come to this vertical centre in you
 and your body will become like a pillar of light
 your body will radiate stillness and presence
 that presence of being present here...totally here
 nomind...no desire...just physically utterly still
 and you are living totally

totality brings you to a stop...
you have to understand the nature of mind
mind is a clock...the body is a clock
the moment it pulsates to the right it creates a movement to the left
the left creates a movement to the right
right to left...click clock...click clock...click clock...
this is the clock
it keeps the mechanism alive

actually that is the whole secret for the mind
tick tock...tick tock...tick tock...tick tock...this is the mind
generator of life
you need two sides to create the pulse
it is doing a beautiful job
but you do not know how to get out of this click clock...click clock...click clock
let this click clock continue
it is keeping the body alive...
but our search is not for the body
our search is for the state when this click clock stops...

who is left behind ?
bring this body to stillness by moving away from this click clock
come to the centre...
the centre has no movement and that is the power
it is watching both sides in motion
hence stillness is the key to stopping the mind...
mind will continue...
you are not going to die so easily...unfortunately...
the mechanism has been set in motion for this body to live to a certain age
it will continue...left right...left right...all its life
but while you are living
you are becoming a master of the centre
and you are watching who you are
without this mind...without the emotion...without the body...

hence i say again and again
that if you do not know the art of living meditatively
slowing down your movements...
you can never know the source of life
you can never come to that standstill moment within you
and fall into the great abyss
a deep tunnel
the well of your life...

this experience of mind stopping
everything becomes still
and suddenly you fall...fall...fall...fall...fall
and you are free of this movement of mind
the mind will continue
you can see it functioning from a distance
but you have found your eternal presence...

once you learn the knack to come to the vertical present moment
this present moment will become more and more settled
your body will be utterly frozen
utterly still in that stillness
you can see through the illusion of mind
mind moves...
that is its function to move continuously
you are not the mind
learn the art of stillness...
deep meditateness...
and the door will open

if there are any questions or anybody wants to say something
you are welcome...

i am sorry about today
sometimes i dance too much
the kundalini becomes on fire and i forget completely
my whole body is on such a fire
and it is very hot and dry here...
even when i was living in the mountains and there was six feet of snow
i used to walk around like this...sweating
there is too much fire in the kundalini when it is awakened
just to move a hand and perspiration

it is very hot for me today so please i am sorry
i know so many people are here
i feel a little sad that i cannot give you my totality...
and be present with you
so many beautiful people are here
and i am sorry that i did not come today
i try my best to be available as much as possible
because i know you are waiting
and you have specially come here
but for me it was too hot today
just putting wet towels on my body and just evaporating
i thought i will come ukraine camp and be total with people
but it is just too hot...my temperature is double
so sorry again

question *osho used to say if you want to get rid of ego first
you must attain a very mature ego...the other day
during this camp you told that the best way
to bring up children was to totally let them go...
to leave them alone...no education... no desires for
them...so how can they get this mature ego and then
later drop it ?*

this is a very funny word ego
perhaps people think the word ego means
i feel i am better than somebody else...
like a superior ego...
the feeling of superiority or the feeling of inferiority...
these are only labels
the feeling...i am better than you...is ego
i am richer than you...is ego
i am stronger than you...is ego

that is simply individual ego
a sense of i am better or i am worse
the word ego used by masters like osho or buddha
do not use it in this little sense...
the sense that i am greater or lesser or stronger...
these are all personal egoistic ideas
when they use the word ego...it means the identification with who am i
the identification...not the who am i

identification is blindness
you are who you are
if you are the president of ukraine
it is not ego...it is simply that you have that function
everybody has a function and the identity of that function
but to be attached to it...that is ego !
unconscious attachment to an idea...that is the issue
to be attached and identified to a thought

let the thought remain where it is
ego is perfectly beautiful...nothing wrong in ego
i am not against the word ego
ego is perfectly perfect where it is
the machine is the ego
your body mind is the ego
but are you that ego ?
is your identification...living within that ego ?
can you live separate and watch it ?
then it is perfectly perfectly okay...

the ego does not need to be dropped
how will you drop this body and its identification ?
you cannot throw your body out of the universe
the issue is not the ego...but the identification...
that you think that you are that

you should know that you are not that
and that is a healthy ego
the supermind...that osho speaks on...
is a mind that has dissolved itself
and knows perfectly well that it is not the ego
that is the super ego...knowing

osho stated clearly that the mind can become supermind
once you attain to perfect stillness
you have attained to superconsciousness
it will filter through this bodymind
now it has become supermind
it is above this mind
and yet filters through the mind

osho as a master dissolved his ego into the super ego
hence he is a master
his mind has become so sharp
because of the quality of stillness
so he is a super egoist !
you see !
it is not an ugly word
detach and watch and it is a beautiful word
be identified and you are living in misery...

so i do not understand what you felt i implied
because i say something...
but you can translate it anyway you want
i am not against the ego
you can refine the mind...make it so intelligent...
but the tool for that mind is stillness
when you can stop the mind perfectly
then you can watch the mind
and the mind becomes your friend

you will use that mind to speak...to express... to dance...to celebrate...
the master osho uses that perfect state of nomind mind to speak
hence his intelligence is superfine...
but he has to use the mind
he has not got a separate computer that he is speaking from
he is using this body mind
this emotion...translated into compassion
this mind...to the buddha mind of insightfulness
and he is speaking with utter clarity

mind can be used and should be used intelligently
and ego simply means identification with a process
disengage from the process then it is not ego...
but nomind...supermind...
do you understand ?

that is one part of the question you asked me
though i did not understand how it related
to children and children growing up

questioner *i have already received an answer*

ha ha ha i never gave you anything !
you can use everything
just a source of how to use it
from what state of consciousness you are using it
that is the real question
if you have the state of vertical awareness
everything can be used as a device
everything !

this mind is very beautiful...it is a very delicate mechanism
do not deny the mind...become a supermind
then that word is not egoistic...it is pure intelligence

this mind has five senses
the i receives and perceives the world through five senses
those senses come inward and play with the mind
but there is a super sense...the sixth sense...that unites the five senses
that oneness is a state of awareness within you...the sixth sense

there is a higher sense...the seventh sense
the seventh sense is a pure sphere
it is not a circle...
they call it a circle but it is a sphere
the sphere is very very complex
you need to find the centre of the sphere...
the centre has a million directions spreading all around
just like a dandelion...
millions of threads going in all directions at the same time
you are at the centre of this sphere
whatsoever your five senses perceive horizontally
and that too in a divided manner
you can experience it in a united way
in a circular manner...in a circular dimension
and once you have the seventh sense
you are not only in a circle...a sensory circle
but at the very centre of the centre
it becomes multiplied...multidimensional

sound is no more sound...
you can hear mono sound...dual sound...quadrophonic sound...
imagine ten thousand speakers all around you
and you are listening from the very spherical centre...
sound is collapsing on the centre from all directions...
taste is collapsing from all directions...
sight from all directions...touch from all directions...
so many dimensions of sensitivity...
is the sixth and the seventh dimension
and the mind can also comprehend it

once the buddha nature in you is perfect
slowly slowly this body transmutes...
becomes acquainted with all these spaces...it takes a time...
many buddhas have had the experience but have taken ten to twelve years...
to allow this experience to filter through the bodymind and its mechanism

it is like this computer that is a hundred years old
and suddenly you get the master chip and you put it into the computer
the computer will take time to figure it out !
many people have become enlightened
and have been unable to express these states
i am such one myself !
after my first experience i became totally dumb...dumbfounded !
it has been twenty some years now

slowly slowly i am speaking to people using this bodymind
bringing the state of nomind
and creating a new synthesis within my body
truth is what it is...

that i have experienced the black hole and death...
that is a totally separate matter
that i am in the state of enlightenment...
that is a totally different matter
my skills of communicating will take time to slowly define
these rays of light are slowly slowly penetrating
and settling back into the body mind...
slowly coming back to this body mind and its form

and if you listen to me in the next few years
you will see a new transmuted being
a being that aligns the vertical and the horizontal together
absorbing the world of nomind
drawing it into the world of mind and making a perfect balance
my skills of communication will slowly slowly find ways...
to translate the inexpressible into expressions through words and gestures...

mind...nomind...
supermind is one who has created a fusion between mind and nomind
that is supermind...
do you understand ?
mind alone is a madness...just a common man...
nomind alone is a meher baba...a sai baba...a ramana...a mystic...
combining mind with nomind...
allowing them to merge...settle and become familiar with one another
and you have created supermind...the enlightened mind...

hence buddhist masters say
that this mind can be enlightened
and they also say that this mind cannot be enlightened
the mind that can be enlightened is the supermind...
you need some time...some patience after enlightenment
to allow this fusion to happen naturally

i am blessed because i am guided by my master
i reached the state of nomind...
my body was not ready...
and my master has been gently working on me...day and night...
with his compassion and he creating me slowly slowly
i am watching his miracle
of how he is bringing this nomind experience to this little body of mine

and remember again...
you have been listening to the greatest master osho
who has been speaking for twenty years
i have just started speaking not even two years
so let us wait and see what happens with me twenty years hence
in these three years i have moved ahead
because i have him as my master...guiding me...
protecting me...sheltering me under his wings
i am the creation of the greatest master osho
and again and again i tell people...just give me time...be patient...

i am patient
but they are impatient to judge me
and it is to their peril
to me it does not matter at all
i only have compassion for these people...
who are in a hurry and haste to judge me
because if they do not understand this fusion
that is happening around me now
they will miss something important for their own future...
not to understand what is happening to me...
is to miss their future potential

if you are watching carefully
you can see what is coming along the way
and you are also creating me...
wherever i go i thank the people
who are willing to listen to me
because you are inspiring me to speak
on my own i am not going to speak to the walls
i am not going to tell the walls
which is the way back home
i am mad...but not that mad !
i do not speak to myself

sitting with you
you are giving me the opportunity
and you are creating me also...
that is why i am always grateful to people...
thank you for coming and listening to my rubbish
and maybe slowly slowly
it will become more intelligent
as i will continuously grow deeper and deeper
hmm ?

more silence today
nice...
more settled...

what do you want to do ?
listen to my rubbish ?
you have to ask me some stupid question
i was telling my friend samudra...where is he hiding ?
no questions from you !
i am just joking...my friend...
who i love i say...no questions from you !
the people i love i always tease them...no questions from you !

samudra *no questions...*

sure ?
come on...come on...

samudra *i have a question
if i get disturbed by something how do i respond to it ?
today i met some people and i was disturbed by their attitudes...
how do i respond ?*

enjoy getting disturbed !
accept !
just accept...
life is not perfect
things are always going to be disturbing
sometimes it is too hot...sometimes too cold...
sometimes this...sometimes that...
nothing is perfect
you are still young...enjoy being disturbed !
be grateful somebody is coming to disturb you

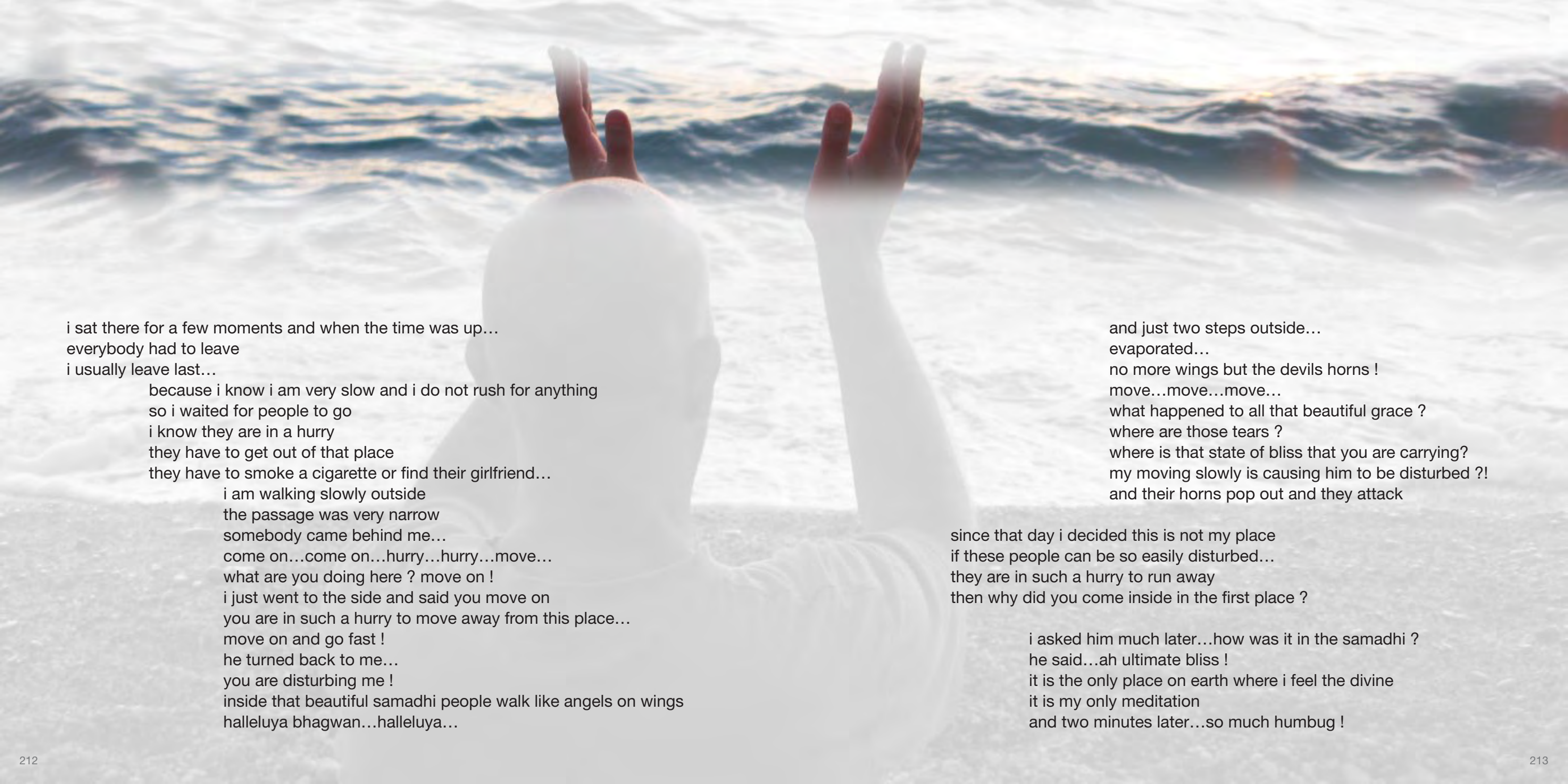
in my room nobody disturbs me
and i am waiting for somebody to come and disturb me...please !
at least somebody is coming to disturb you
you are lucky man !

let them disturb...enjoy...
say please come disturb me more
whenever somebody comes to disturb you say...
that was very interesting...please come again
engage with me...come engage...a little bit more...go deeper...
and the person will run away

it reminds me of poona...
sitting in the pyramid buddhahall they feel so spiritual...
eyes closed...white robe brotherhood...
they are smelling the fragrance of their master in their imagination
perfect air conditioning...
beautiful white robe...crisp and clean...
and somebody sneezes and they get all disturbed...

what happened to that heavenly space that was surrounding you ?
that sneeze can disturb you ? they are disturbed !!
perfectionists are always disturbed...
they are disturbed themselves !

it reminds me of one beautiful day
i only went to bhagwans samadhi once in my life
i only went once in my life !
i entered the samadhi...very slowly...the way i walk...
even more slowly than i ever walked...
i wanted to take the total essence of my stillness to this sacred spot...
leaving the mind behind outside...
no movement to disturb the beautiful stillness...
taking the perfect state of nomind...
carrying it gently...slowly...into the samadhi

A person wearing a white robe is seen from behind, with their hands raised in a gesture of prayer or devotion. They are standing on a beach, looking out at the ocean under a sunset sky. The water is dark blue with white foam from waves, and the sky is a mix of orange, yellow, and blue. The person's hands are positioned as if they are holding something or are in a specific prayer posture.

i sat there for a few moments and when the time was up...
everybody had to leave
i usually leave last...

because i know i am very slow and i do not rush for anything
so i waited for people to go
i know they are in a hurry
they have to get out of that place
they have to smoke a cigarette or find their girlfriend...
i am walking slowly outside
the passage was very narrow
somebody came behind me...
come on...come on...hurry...hurry...move...
what are you doing here ? move on !
i just went to the side and said you move on
you are in such a hurry to move away from this place...
move on and go fast !
he turned back to me...
you are disturbing me !
inside that beautiful samadhi people walk like angels on wings
halleluya bhagwan...halleluya...

and just two steps outside...
evaporated...
no more wings but the devils horns !
move...move...move...
what happened to all that beautiful grace ?
where are those tears ?
where is that state of bliss that you are carrying?
my moving slowly is causing him to be disturbed ?!
and their horns pop out and they attack

since that day i decided this is not my place
if these people can be so easily disturbed...
they are in such a hurry to run away
then why did you come inside in the first place ?

i asked him much later...how was it in the samadhi ?
he said...ah ultimate bliss !
it is the only place on earth where i feel the divine
it is my only meditation
and two minutes later...so much humbug !

nothing should disturb you...
in fact disturbers are good people
do not be so easily disturbed
i did not mean that ashram story for you
this is for the hypocrites who live there...
who think they are in deep meditation...
just push a little and you will see their grace becomes disgrace
they do not even carry a shadow of that blissfulness
i love to disturb people
just to see how much is real...how much is unreal...

second part was not for you...my friend
that was a message for some very holy people sitting in some resort...
somewhere on this planet earth...

i never go to the samadhi
the wings of the master cannot be locked in such a small place
i went there only once to bow
if you cannot see the master in the trees and the birds...
and the butterflies and the earth...
then why you go into that stupid samadhi looking so holy ?
if you cannot enjoy the stroll outside the lao tsu house...
and enjoy the grace...floating by his residence...
seeing that beautiful swan floating through...
then you have not been in the samadhi
once you have entered the samadhi of a master
your whole being...wherever you will go...will be floating
why not create this into the samadhi ?
we are in the samadhi of the master here !!
this is a living samadhi
the outer is simply a device
this whole world carries his fragrance
if you have touched it once you can touch it anywhere

if you can experience the experience of bliss and grace in the samadhi
you can experience on your toilet seat !
i am not joking !
i say i experience more samadhi on my toilet seat than in the samadhi
because my toilet seat is real

just imagine when you have to take a shit
and it is not coming out...
you have to take that shit and it is stuck
just sit on the pot and you will know samadhi !
if it does not come out you will know hell...
my toilet seat is my samadhi !!
it has got a real function
it is taking the misery out of you...
just imagine one day it does not come out
you will know who is god and who is not god
you will be praying to god
do anything but get this shit out

i love the pot story the most
your pot has to become your temple...
i am not joking !
you have to have great reverence for your pot
it is really serious
you can eat food...you can nourish your body...
and when it comes to taking out what is not required by you
you have no reverence for it !
you put delicious food in your mouth
and then you complain when it is coming out !
be thankful it is coming out
if it does not come out you wont be eating anything !!
ha ha ha ha
i was considering this subject many times
so i declared it once before
that is where my samadhi will be created...

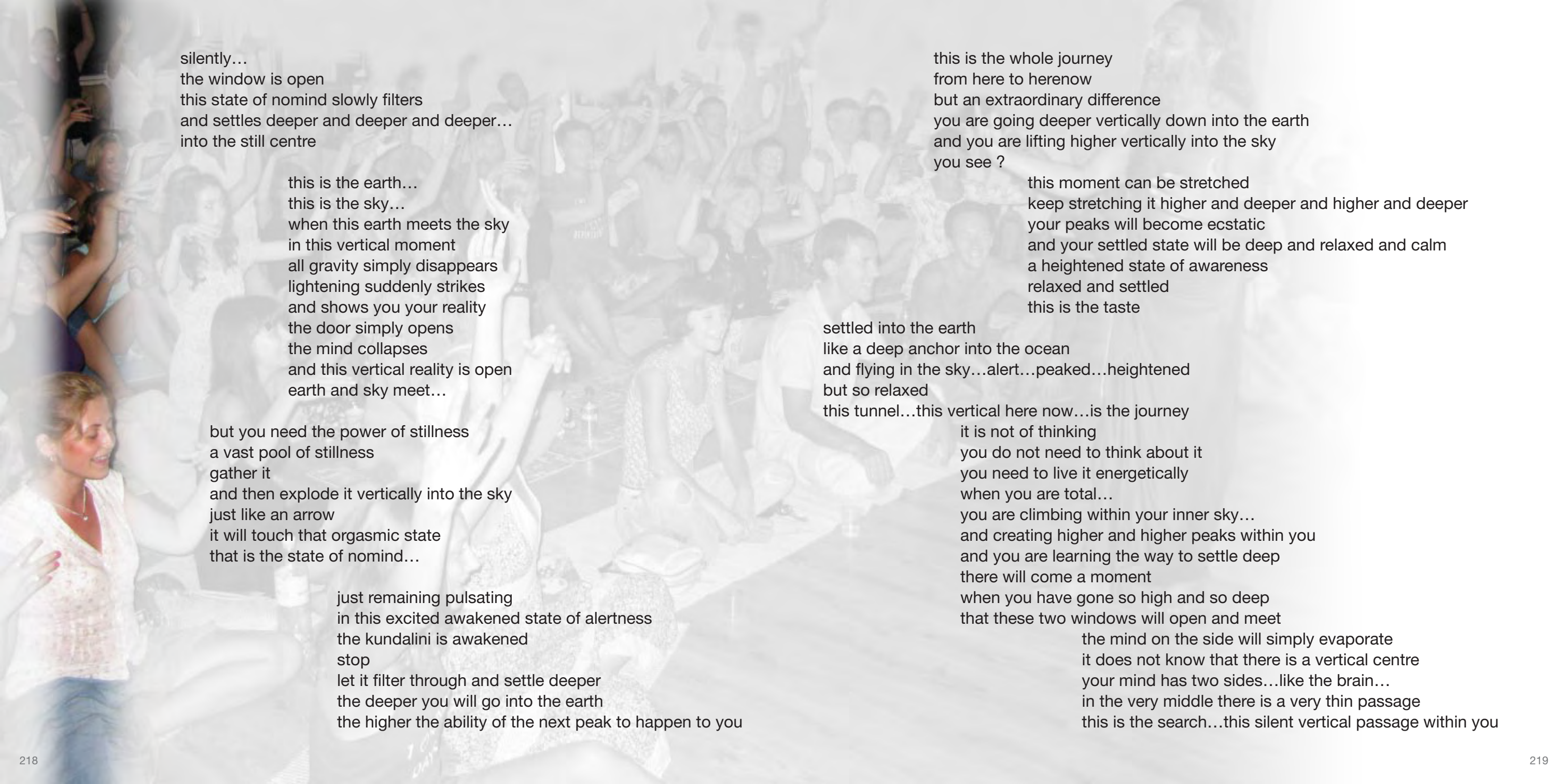


ukraine
pusha voditsa
15 august 2010

sitting in deep stillness...unmoving
just one pulse...settle
another pulse...settle
not drawing it up to the heart
not drawing it up to the mind
not moving

just one pulse entering you...settling
not drawing it upwards into dream...desire...thought...action...
simply sitting at the very source !
this the whole knack of the meditator
just sitting at the source...
allowing it to settle...
no ripples...just a pool of stillness
a vast lake of life force
settling like a lake

now is the time to celebrate this pool of stillness
slowly slowly raising it up
higher and higher and higher and higher
this whole pool of power
taking it higher and higher and higher and higher
focused vertically...the highest possible
and you peak to that orgasmic stop
everything becomes to a stop



silently...
the window is open
this state of nomind slowly filters
and settles deeper and deeper and deeper...
into the still centre

this is the earth...
this is the sky...
when this earth meets the sky
in this vertical moment
all gravity simply disappears
lightening suddenly strikes
and shows you your reality
the door simply opens
the mind collapses
and this vertical reality is open
earth and sky meet...

but you need the power of stillness
a vast pool of stillness
gather it
and then explode it vertically into the sky
just like an arrow
it will touch that orgasmic state
that is the state of nomind...

just remaining pulsating
in this excited awakened state of alertness
the kundalini is awakened
stop
let it filter through and settle deeper
the deeper you will go into the earth
the higher the ability of the next peak to happen to you

this is the whole journey
from here to herenow
but an extraordinary difference
you are going deeper vertically down into the earth
and you are lifting higher vertically into the sky
you see ?

this moment can be stretched
keep stretching it higher and deeper and higher and deeper
your peaks will become ecstatic
and your settled state will be deep and relaxed and calm
a heightened state of awareness
relaxed and settled
this is the taste

settled into the earth
like a deep anchor into the ocean
and flying in the sky...alert...peaked...heightened
but so relaxed
this tunnel...this vertical here now...is the journey

it is not of thinking
you do not need to think about it
you need to live it energetically
when you are total...
you are climbing within your inner sky...
and creating higher and higher peaks within you
and you are learning the way to settle deep
there will come a moment
when you have gone so high and so deep
that these two windows will open and meet
the mind on the side will simply evaporate
it does not know that there is a vertical centre
your mind has two sides...like the brain...
in the very middle there is a very thin passage
this is the search...this silent vertical passage within you

now you understand why every evening we just dance ?
first create stillness...
then go to the peak crescendo...
stop...
come back
if you can be total...
if you can open that window within you...
you will know what is happening here
but unless you are total you will not reach that window
you can reach this far or you can reach that far...
but you need to reach here...to the crown...
hence totality is the key
be total
dancing...be total
sitting...be total
and the experience will explode within you

nothing is preventing you
many times i hear people ask
why am i not experiencing this peaked moment ?
i must they have block somewhere...
there is no block just you are not at that height of consciousness
you are looking at the world from a lower level
you are projecting the world from the space you are at
just go higher and higher within you
it is very simple
the initial experience of enlightenment is so easy
because the pillar is so thin
all you need is ten or twenty grams of explosive energy
just a little hit and pulse the crown

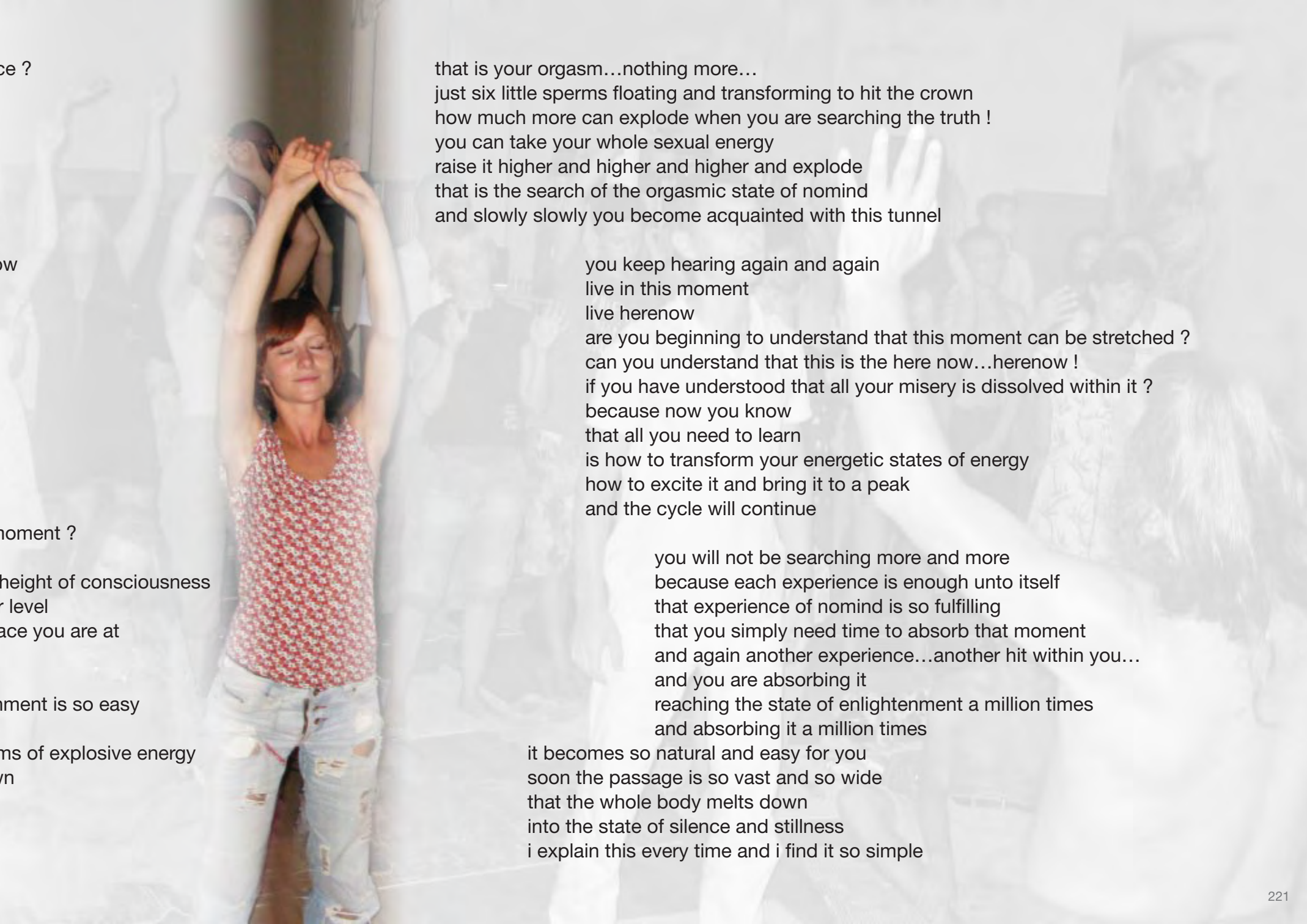
that is what you experience in orgasm
one million sperms ejecting
five or ten sperms hit the crown...aahah

that is your orgasm...nothing more...
just six little sperms floating and transforming to hit the crown
how much more can explode when you are searching the truth !
you can take your whole sexual energy
raise it higher and higher and higher and explode
that is the search of the orgasmic state of nomind
and slowly slowly you become acquainted with this tunnel

you keep hearing again and again
live in this moment
live herenow
are you beginning to understand that this moment can be stretched ?
can you understand that this is the here now...herenow !
if you have understood that all your misery is dissolved within it ?
because now you know
that all you need to learn
is how to transform your energetic states of energy
how to excite it and bring it to a peak
and the cycle will continue

you will not be searching more and more
because each experience is enough unto itself
that experience of nomind is so fulfilling
that you simply need time to absorb that moment
and again another experience...another hit within you...
and you are absorbing it
reaching the state of enlightenment a million times
and absorbing it a million times

it becomes so natural and easy for you
soon the passage is so vast and so wide
that the whole body melts down
into the state of silence and stillness
i explain this every time and i find it so simple



the inner journey is so simple !
i do not understand why people cannot understand it
it is as easy as this
very simple !
i say it again because today many people missed dancing with me
whenever i see people sitting and not dancing that evening
i feel sad for them that they are missing something

to experience the peak with a mystic
you have to dance with that person
when you dance with that person
and you are lost in the dance
something like a flame simply jumps on you
we are like one ocean
if the ocean goes higher and higher and higher
you can simply float on top and bring it down
you can lift each other higher and higher in the dance
and each one gathered here can feel the same orgasmic height
that is why we sit together in one buddhafield of energy

we can raise that one pool of energy higher and higher
it is not an isolated experience
when you disappear you merge with me
when i disappear i merge with you
merging together there are no people here left anymore
just a heightened state of oceanic energy

if one person knows the secret...
he is alert and aware and watchful...
that transforms the whole experience
you just need one person to know the secret
how this stillness peaks everybody together
the energy rising higher and higher
when few people are sitting...
they are not lifting the whole space like one fabric

you meet a mystic
this is what you have come here for
i can give you words...a hundred thousand words every day...no problem
if you cannot go home drunk with the experience of some blissfulness
then all you have learnt is rubbish
you just filled your head with some nonsense
and you go home more depressed and more confused

i am dancing with you
when i am dancing...dance totally please !
i am with you all...i am total !
i am floating higher...higher...higher...higher...higher...
sometimes going so high you miss the whole point
i need you as much as anyone else
i depend on you too
i am not isolated from you people
please understand the experiment
do not sit...you will become dead
explode into totality and you will understand

especially some young people sitting here
i can imagine a sixty five year old...no juice...just sitting
young people sitting ? my god !
i am fifty and i am still dancing like the wind...
this is the only way i know how to transfer the experience easily
that you can have a sudden glimpse of it
and you can carry home a certain experience

you may not know it there and then
but something will filter in you
and one day when you are just walking by the river
just vacant...empty...for no reason...
suddenly it will be there because you are absent
and that energy is so powerful and gripping
it will catch you unaware

question *this question is about my mothers dreams*

bring your mother here !!

questioner *she has terrible dreams since many years
and she dreams of being killed and when she wakes up
in the morning she does not feel relaxed...
every night she has a nightmare that she is being killed
every night in different ways...i am concerned...
how can i help her...could you give some advice ?*

first you should bring her here...
we will kill her and finish the question altogether !!
that is the only answer for everything
everybody wants to kill their mother...so...

questioner *but i want to help her...*

do not help her...
bring her here...that is the way to help her
why you are asking questions for her ?
you live your life
let her die...go where she wants...
she is here...she can come and see me...
you have come so often here
let her come and ask me this my question

sometimes you come in front of a madman like me
maybe the dream will disappear !
it has happened many times

this fear of death all the time...
and if old people do not fear death what else will they fear ?
all old people are dreaming about death only

their whole fear is about death
they have not lived their lives
so fear is knocking on the door...death is coming
and the mind will find a hundred ways to release this fear
this dream that dream
it is finding ways to release this fear in different ways
people are living in fear
and there is only one fear
the only fear is of death
other fears are smaller fears
and if you look deeply into it
the fear is not of death
it is because they have not lived
not living your life totally creates the fear
and that fear translates into the fear of death...
one who has lived his life totally...in that total state of living...
experiences the very nature of death

when you are totally in love
when you are total in anything in your life
you get the taste of death
because death is of the ego...of the mind...
the moment you are totally in your love
what is dying within you is your ego...your mind...
your sense of separation...your isolation...
you have merged with the other
this is the experience of the deathless within you

those who live totally
experience death and deathlessness in the same moment in their totality
those who do not know how to live totally
shadows and shadows surround them
you do not know what death is...how can you fear it ?
but you know what life is and what you have not lived
that is the fear...the fear of an unlived life

so look deeper
she does not fear death at all
and the unconscious that is surfacing in her dreams
is telling her life is too short...i have not yet lived...
when you are dancing totally you can experience death that moment
you disappear into the dance and you can taste death
and know at the same time
that if you are freed from this form in that dance...
if this wall evaporates and disappears in the dance...
that experience is of death
and it is an orgasmic experience
when all the boundaries disappear
the weight of this body mind simply disappears into a total dance and vibration
your whole body becomes orgasmic and you merge with the sky
that is death...what else is death ?
if you want her to get rid of this fear
tell her to come and dance with us
just come and dance and dance and dance and dance
and this little ghost in her...this little shadow which is fearing death...will disappear
it will taste something of deathlessness
bring her here next time

people like me just looking at them...something triggers
either the fear will become more compounded
that is why they are afraid to see people like me
or they will be released once and for all
people like me remind you of death
because i have died...
i am a dead person speaking here
i am no more...i am dead...
but i am not dead in the ordinary sense
i am totally alive
and you can see those moments happening around me

when i am no more here
and something else is present
and you can feel the hovering energy
this is freedom
it has the same taste as death
hmmm ?

people never learn to relax
this body...this mind...is dreaming continuously...like an undercurrent
there is an inner bioclock...always ticking
you never even get sleep
you are so afraid to sleep
if you have to wake up in the morning at six o'clock
without the alarm you are awake at five thirty
why ? because you have an alarm within you
it is like an undercurrent working in your sleep

if you have no dream no desire like on a sunday
at twelve o'clock you are still sleeping in the bed !
what happened ?
your inner clock...dreams desire and mind...
had nothing to do that day so you had a nice sleep
all your dreams and desires and projections for tomorrow...
are working as an undercurrent in your muscle and your bio system
they keep this body moving like a machine
you are never resting in the zero state of relaxation

you have never known sleep and its restful quality
because other than dreams you are living in the future
they are pulling you constantly...invisibly like threads
how to come to the state where all dreams and all thoughts simply evaporate ?
this is the search of the mystic
the moment you experience it you have a deeper sleep
no search...no desire...no tomorrow...no past...

your body goes into a deep sleep
dreamless...
into the turiya state
your body is in such deep rest but you feel you are awake
you are not sleeping...you are not awake...
the body is so rested...there is no rush...no anxiety...
this dreamless sleep is one step closer to samadhi
ordinary sleep is of the mind
deeper sleep is of dreaming
dreamless sleep is turiya
totally deep sleep is death...samadhi

if you can sleep totally you will become enlightened
this is what happened to gautam buddha
searching...searching...searching...eighteen years of search...
he could not fall to that absolute zero state
the dream of enlightenment...the search to attain...continued
like an undercurrent...an alarm clock...
whenever he came close to the zero point to fall into the black hole
that dream must have pulled him back to the body...
i need to achieve enlightenment...just a single thought...
i need to achieve and complete this journey...
i did not complete my search...
and while something was pulling him into a total black hole
this alarm clock continued
the momentum of the mind of the future search
did not allow him to fall in

understand this
the deepest experience of truth...
can only be found when you are not present
you are the hindrance
how to attain to the state where you are not present ?
you are in the way !

learn the art of sleeping in deep let go
if you can sleep deep
you will slowly slowly learn the restful states within your being
it is like a deep tunnel
you can go deeper and deeper into the well
the deeper you go into the well the vaster the pool of energy
the darker and relaxed the state
till you reach the black hole within you
the black hole is called the hara
when you fall into that everything disappears
it is below sleep...deeper than sleep
hence i respect sleep as the greatest door to enlightenment

people wake up at six o'clock...
to do meditation in search of enlightenment
i say...go to sleep first
learn how to sleep
when you are going to find something outside you...
your eyes are open...you are already in the mind
you cannot master your sleep
and you wish to master awakening...
waking up and awakening are two different worlds
i use the word awakening
someone who falls into a deep restful state of stillness
that pull...that magnetic pull of silence...
is so deep and relaxing and rejuvenating
that it awakens you from within !
you are not waking up...you are awakening...
feel the difference...i am repeating it again for you
you do not wake up...you awaken !!
waking up is from outside...awakening is from inside
buddha never woke up to the truth
he was awakened to the truth



whenever i hear people saying wake up...wake up...
i say...this person is an idiot
go to sleep...go to sleep !
do not wake up please !
go to sleep...have a deep sleep
go into a coma...go anywhere...simply disappear into a deep sleep
do not get up...
there is nothing to do...nowhere to go
no dream...no desire...
go to sleep and forget about tomorrow
just sleep and die !

this has been one of the meditations i have loved the most
when you are going to sleep at night
just imagine that you are going to die
just close your eyes and in deep sorrow and say bye bye world
close your eyes...say...okay...bye world
you can start crying of course
not for yourself but for others
you have a nice deep cry...ha ha...gone

just see how four friends find you dead
they pick your body...take it to the funeral...burn it
just watch the body burning...
momma crying...children crying...wife crying...
enemies are happy...he is gone !!
watch the whole scene...
just go into sleep and die totally
just imagine you have died
you cannot be anything any more
with it all your tomorrow problems evaporate
all problems are solved with death
because you are no more there
no one to answer to...
no more telephone bill...

every night go to sleep...die
and pray to existence...
do not knock on my door to bring me back tomorrow
say...please do not bring me back tomorrow
i have already disconnected from this world
i have no business tomorrow morning
i am dying...thank you...bye bye
and go to sleep..never to wake up

every night follow this like a routine
die to the world...
if you can follow this death meditation every night for one month
you will see suddenly a new pool of energy arising in you
because all your worries are projections about tomorrow...
they are sucking your blood !
your whole energy and investment is sucking your energy
go to sleep...die...in the morning you will feel you have wings
so light...what happened ?
i have become so light...i can fly !

so the death meditation at night...
for fifteen minutes before sleeping...close your eyes
settle your breath and consciously go into a deep sleep
go to death...die...go to sleep
you will have such a deep quality of sleep
whatever you think for the last fifteen or twenty minutes before you fall asleep...
continues all night
if you can fall asleep in meditation...you are sleeping in meditation

six to eight hours you are adding meditation to your life
what you cannot do with all your dynamic and kundalini and all your stupid meditations
you can attain it simply by sleeping in a meditative state
when wake up in the morning
do not wake up and start running straight away

you have just come from the unknown
from this magical unknown space of sleep
from the state of samadhi
wake up slowly
feel the energy enter your heart...slowly
and come to your head
feel it enter you again...

if you can feel it entering gently into your form again
something of that invisible quality of samadhi
will slowly enter the heart and reach the head
and you will feel a new mystical quality
in the morning...just remain hanging in that state
just be this invisible presence that is surrounding you
you will feel something like feathers around you in the morning
very soft...a feather like tranquillity...
feel its presence
you can carry it throughout the day
bring it into the waking consciousness

going to sleep...go to sleep meditatively
let six hours become a deep meditative sleep
wake up in the morning...carry the thread through to your head
feel its presence...let it move you slowly
and you have learned the key to create a cycle of mysticism
then you do not need any meditation
because sleep is far deeper than your meditation
far deeper !
master sleep and awakening

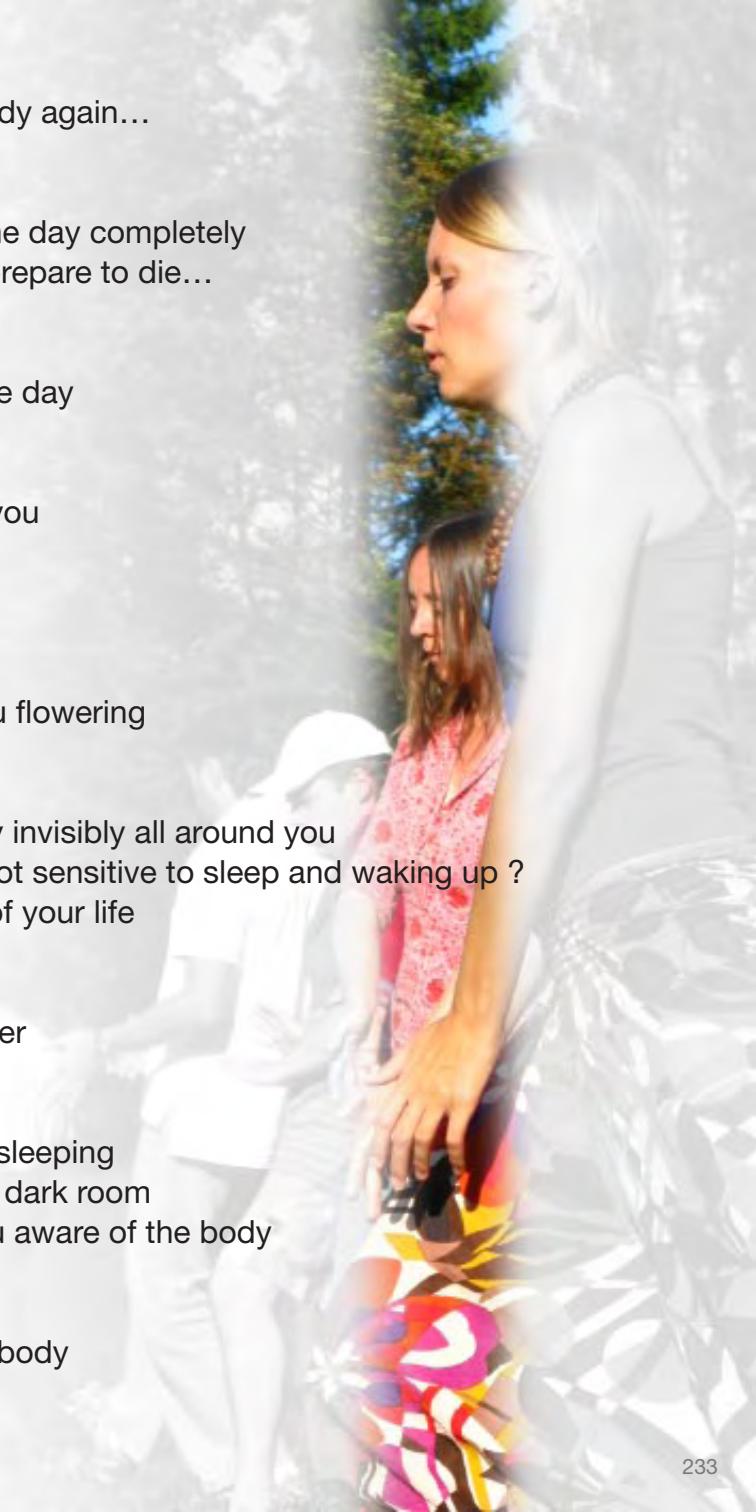
the first half an hour in the morning is so valuable
if you cannot be sensitive to the life that has entered the body again
now what are you talking about meditation ?
you are a hypocrite !

wake up in the morning...accept life into the body again...
feel gratitude...feel its life force awakening you
and carry it gracefully throughout the day
and again when you come to the night...drop the day completely
have a nice tub bath...candlelight...lie down...prepare to die...
if you wake up tomorrow beautiful
if not...adios !

this is so beautiful to live the day for the day
fifteen minutes before sleep
and half an hour after you wake up...
just complete the cycle and i promise you
if you can follow this simple meditation
you will not need anything else...
you have become so sensitive
to the life in the morning reaching you
and sensitivity is the buddha within you flowering

buddha is not a tank...a russian tank...
he is your sensitive presence that is silently invisibly all around you
how you can become sensitive if you are not sensitive to sleep and waking up ?
i find it to be the most sensitive moments of your life
because you are not yet here
something is present...
you have a great opportunity to see life enter
then you will learn to respect your sleep

create a beautiful space for your sleeping
my suggestion is to create a nice dark room
the reason is that light makes you aware of the body
in darkness you disappear
light wakes you up...
male energy is light touching the body
female energy is the black womb



if you want to disappear into a deep rest
create a dark room with no light entering
light touching the body wakes you up
it is a beautiful experiment

this is a vast subject
far vaster than what you can learn in the day
all the meditations that you can understand from me
really are not comparable to this darkness
the essence of nothing where everything disappears

in my book i have spoken about the black hole
read carefully...no taste...no touch...no sound...
what will remain ?
you cannot destroy it
you cannot create it
you cannot uncreate it
you cannot destroy the dark
you cannot create the dark
it was always here

the whole mystery of this existence lies within the black hole
in the absence of any object
pure emptiness is the black hole
the black hole is linked to your sleeping
just master the black hole and you will understand truth
all mystics...when they see light...
they have fallen into a deep dark space
all around them is light
the seeing eye...the buddha nature...is the black hole
it sees all...knows all...perceives all...
because it is behind the innerness of all outer objects
it is a very unknowable subjectivity...hidden...
but present everywhere
so much more available at night

i used to joke...
all group leaders and therapists are working very hard to wake up this humanity
i am going to go to one camp telling them...go to sleep...bye bye !
everyone go to sleep...bye bye !
collect the money and run !!
next camp...collect the money...
say...goodnight...go to sleep
i can do thousands of groups just putting people to sleep
why waste time waking up people and talking to them
and then there are people have these nightmares of death also !!
just put them to sleep...question is gone !!
just keep sleeping
everything can be attained in your sleep

question *very often in our events you say we are going higher and higher and higher and then we are settling settling settling into the earth but practically what do you mean ? we should have some realisation of this process or it is like some kind of feeling of our body ? how to understand this up up up and this settling to the earth down down down ? about going up i can understand it better but about settling down is absolutely not understood...what is it about settling down to the earth ?*

women ask very difficult questions !
she says i can understand going up up up
but i cannot understand the coming down down down
perhaps you are right
it is actually a very intelligent question...
the womans energy is earth
a woman is down down down

woman is the womb...woman is earth
she is naturally understanding the earth
and whatever goes higher and higher and higher
she roots the energy deeper deeper deeper
it is very natural
but the woman can experience the higher flow
the kundalini moving up
because that is what she is searching for
when she looks for a mystic...
the woman is searching upward energy
and she will miss the down
because she is already there...

the man is high
he needs to feel the down down down
so it is very natural what you are asking
and it is strange you asked the question
but it is really true...

if you are feeling the upward pull
and you do not understand what is down
you have already understood it...
there is a different taste of an upward pull
and a different taste of settling
you have already come to a very wise understanding of the energy
you understand !

women are already enlightened...

this is what i have been saying again and again
the woman is the egg...the female energy is the womb
the womb needs to see the light
she is already home
she needs the sperm
she needs the male energy...the plus
she has the womb
and the womb is an enlightened state

women do not experience enlightenment easily
because they are already enlightened !
strange...but to know you are enlightened you need to see the opposite
if you write with black chalk on a black board
you do not see any message
only when you write with white on a blackboard
male energy shows the woman her enlightened state
that is why so many women are attracted to a master like osho
because his male energy is pure fire...pure light
and the womb of the woman can see herself
through the light that he is radiating
the man needs to settle into the womb...
he misses his enlightenment
because he is the sperm running here and running there
sperm is always chasing something or the other
its tail is moving...always running after some achievement...
he needs to settle down and understand the egg within him...
the black hole that he is carrying

the male can find the settled state
because running and running and running...
he gets tired of this running...
and he is searching for the settled state
he is searching for enlightenment constantly
woman is not searching enlightenment
because she does not have the sperm to run around
she is already in the enlightened state

this is the mystery of the woman
she always says...oh men...always looking for enlightenment
she cannot believe the man is running for enlightenment
why is he searching for something ?
come home...i am cooking dinner !
this is woman

she is already enlightened but she does not know...
if you can taste the difference between height and depth
you have already attained to a certain sensitivity
so your question looks strange but not for me
i understand what you are saying
and i hope you understand what i am saying to you !

question *what is gratitude for you ?*

the greatest mystery of wisdom is a teardrop...
a deep thankfulness for this miracle of life
without gratitude we have not become human
this is the sky of humanity
i am not speaking about buddhas
i am not saying this is a sky for buddhas
gratitude is human and it brings such a grace to your life
you can be grateful for everything that you have received
just look at what you have received
look at this body...these eyes...
the ability to hear...to smell...to taste...
to have this beautiful form
to have the ability to respond and meet and share and love
such a vast treasure has been given to you

you did not even ask...
what is this treasure that i am going to receive ?
you simply come to this world
such a vast opportunity to live your life
without gratitude...
how can you be sensitive to your heart and its wonderful treasure ?
how to find the way to your eternity ?
hidden within this body and this mind is a treasure of immortality...
a being of light

if gratitude is missing in your human life
that window to fly into the sky can never become available
the moment your heart opens you are simply mystified
you cannot imagine how you lived your life till now
it moves you so deeply...
the word gratitude becomes your very aura
it simply becomes your very life breath
because you realise what you have received
it is such a vast gift and you feel so humbled
what did i do to deserve even this body...this mind...this heart...
this ability to live and love...

i cannot translate this word gratitude...it is too deep...too sensitive
a teardrop would answer it perfectly well
and i am not speaking about buddhahood and enlightenment...
remember...just natural human gratitude...
whatsoever or whosoever or whatsoever it is
this source of life...wherever this source of life is...
i bow to it !!

and i am grateful for whatsoever i am receiving every moment
this heart...with this expression...becomes the soil for your inner search
this vibration of consciousness will become the new man within you
gratitude is the window to the new sky around you
because you cannot be grateful about something you do not know
you cannot be grateful for the buddha that is hiding within you

when you will experience that
you will not be grateful...you will die utterly !
it is utter death !
but as a human being...
you can be grateful for what you have

your question has caught me by surprise
whenever anybody asks me such a question
i simply become silent

question *i want thank you for the mysticism of what is happening here
for that what has touched me...*

joking...in the future i will take mens questions first !

strangely i have been noticing that men are becoming very sensitive
when a man becomes sensitive he flies far ahead
if a man can harness the female energy...
and release his fragrance in his femininity...
you see a new miracle

i thank you my friend
i am grateful you are receiving whatever you are receiving
i am grateful to you too
everybody is not capable to receive
people do not have time to receive
very few men come to meditation events
it is mostly women who are coming
men are too busy
he is a sensitive man who has come

and i am thankful to all the people who have come from kiev
and who may not be coming with us physically to karpaty
but we have met here...
and something has entered you and me both
and wherever you will go or i will go we will be carrying something within us
so all those beautiful people who have come for a few evenings here
i am grateful for you coming
and when the time will come again
we will meet and dance and celebrate again
and if you feel you are missing something...
just find out where we are and jump there
i am staying ukraine for another two weeks
hmm...okay ?



ukraine
pusha voditsa
20 august 2010

this silence
just above you
watching
this state of nomind
just above you
watching
a vast silence
just like the sky
just above you
this is you
before you are born

from the sky slowly slowly you descend into the earth
and you are born into a body
you are the sky
just reflecting this body
when you are in the state of nomind
when you have peaked in your celebration
this mirror becomes watchful

we are searching this vast mirror of consciousness
unclouded...pure...crystal clear
whatsoever passes in front of this mirror gets reflected
and slowly slowly these reflections start becoming identified with the mirror
a man passing by
and the image reflects in the mirror
a woman passes by and her image reflects in the mirror
whatsoever passes the mirror reflects
slowly slowly the mirror starts getting identified with these passing clouds

these become your thoughts and the mind
slowly slowly...that woman passing by is no one but your mother
the man passing by is your father
now the thought has become the mind and its attachment
when the mirror is watching any woman passing by...
there will be no reaction
because there is no emotion connected to that image
but let your mother pass by and somebody abuses her
suddenly you will come out of the mirror and attack that person !


when you have got an attachment...an identity...
the mirror is no more mirroring but has become the mind
this is how the mirror slowly starts attaching to the world
all your experiences...good or bad...
all the emotions...good or bad...
are all in the past

all these past thoughts and emotions start clinging to the mirror
and now you are not looking at existence directly
but filtered...conditioned by your experiences of these past reflections
your whole mind is nothing but past experiences gathered
like dust...clouding the mirror of clarity
you are not looking at anything directly

you are looking at everything coloured...
predetermined from your past experiences
you see a certain kind of woman
she reminds you of your mother
you see a certain kind of woman
she reminds you of your past girlfriend
you will react to all the new images that come to you
according to your past experiences
these are what we call conditionings
your illusion of mind and emotion
and you are become connected to that

all you have lost is that mirror like clarity
slowly slowly the mind becomes denser and denser
so clouded and so heavy that you begin to feel the body
the baby is born without the sense of body
just tabula rasa...pure sky...
the first two or three years the baby does not have a sense of i
he does not have a sense of the body
it is just a little cloud of energy
soft...vibrating...sensing its sensitivity
becoming acquainted with this new presence of the body

the baby does not know it has a body yet
it has just come from the sky
pure lightness...just a reflection...
slowly slowly the body starts gaining a new reality
this is how mind enters into the baby
but if you go back...deep into your childhood
this experience of weightlessness...just feather lightness...
with no sense of body...always surrounds you
in a way the mystic is searching his childhood once again
just that innocent silent state...
where everything was simply buzzing
and truth was showering

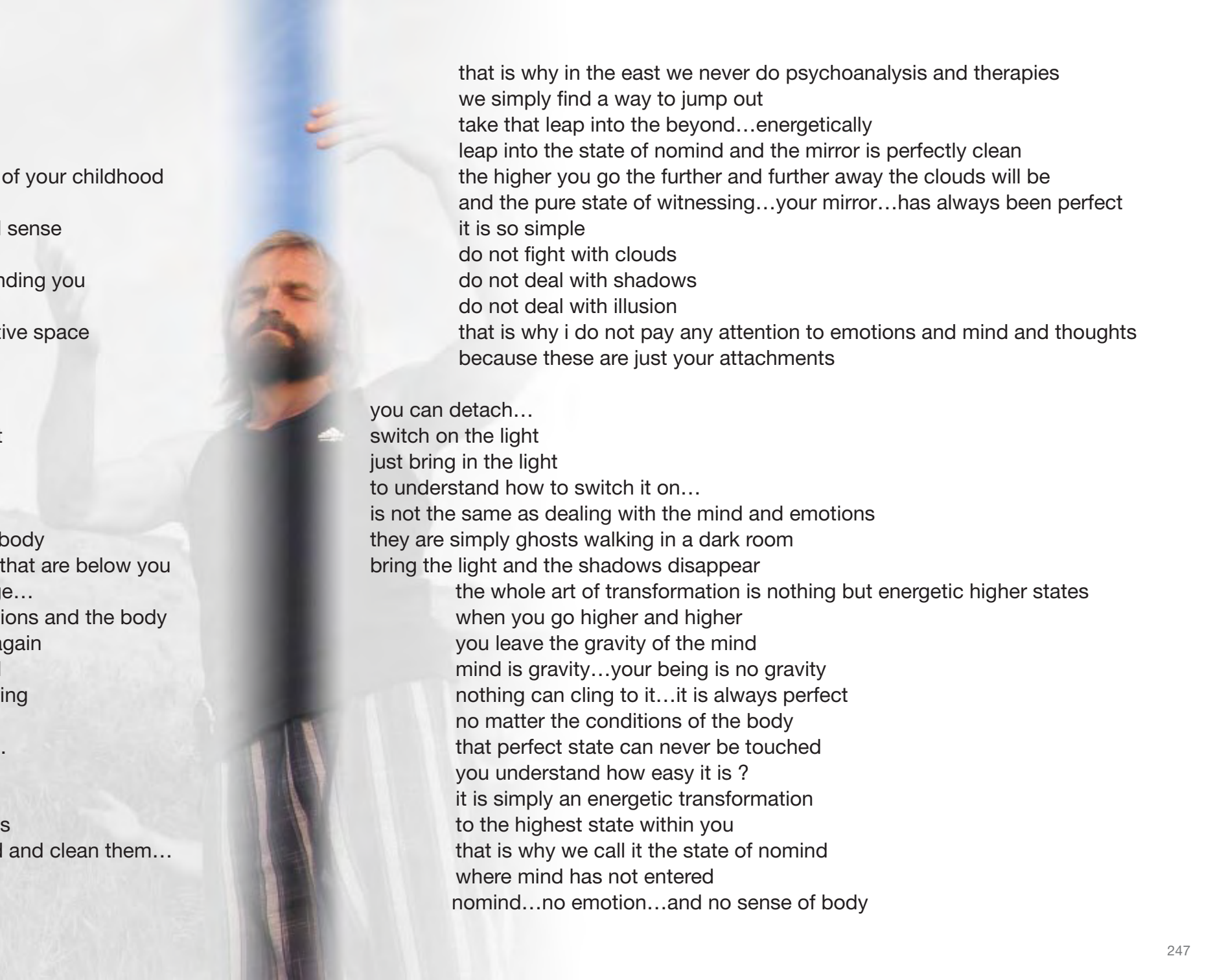


there was no fear for the child...
no mind...no future...no responsibilities...
nothing to do...nowhere to go...not to become...
just breathing...enough unto itself...
you cannot remember the first two or three years of your childhood
because the mind had not begun yet
there was no mind...no understanding in the mind sense
all you were was sensitivity
using your sensitivity to feel the existence surrounding you

the mystic goes backwards into this sensitive space
just become sensitive again
with a clarity...
with pure open eyes...
and go deeper and deeper to that moment
where mind had not entered yet
just try to understand...you are a mirror...
if you are becoming attached
to the thoughts and the emotions and the body
you are simply identified with these layers that are below you
the whole way of the mystic is to disengage...
to disidentify from the thoughts...the emotions and the body
and to become a pure sky...a witnessing again

there is no way you can clean the mirror with the mind
these are what all the therapies and the groups are doing
what psychoanalysis is doing
they are analyzing these shadows...these reflections...
and trying to figure them out
these are just clouds !

there is no way you can figure out these thoughts and emotions
because what you are using to figure them out and understand and clean them...
is the mind itself
using the mind to clean the mind !



that is why in the east we never do psychoanalysis and therapies
we simply find a way to jump out
take that leap into the beyond...energetically
leap into the state of no mind and the mirror is perfectly clean
the higher you go the further and further away the clouds will be
and the pure state of witnessing...your mirror...has always been perfect
it is so simple
do not fight with clouds
do not deal with shadows
do not deal with illusion
that is why i do not pay any attention to emotions and mind and thoughts
because these are just your attachments

you can detach...
switch on the light
just bring in the light
to understand how to switch it on...
is not the same as dealing with the mind and emotions
they are simply ghosts walking in a dark room
bring the light and the shadows disappear
the whole art of transformation is nothing but energetic higher states
when you go higher and higher
you leave the gravity of the mind
mind is gravity...your being is no gravity
nothing can cling to it...it is always perfect
no matter the conditions of the body
that perfect state can never be touched
you understand how easy it is ?
it is simply an energetic transformation
to the highest state within you
that is why we call it the state of no mind
where mind has not entered
no mind...no emotion...and no sense of body

that orgasmic point is the very peak within you
mind simply cannot stand there...it evaporates
lower you are...denser the mind
and the lowest is the body
the body is earth...
mind can move
emotions and dreams can fly
but body remains here

how to connect this body to the state of no mind
so it stops dreaming and desiring and thinking
and sees its face in the mirror
it is like a lion seeing its face in a pool of water
no mind no emotion
the body here...the mirror above
and suddenly the realization of this present reflected state

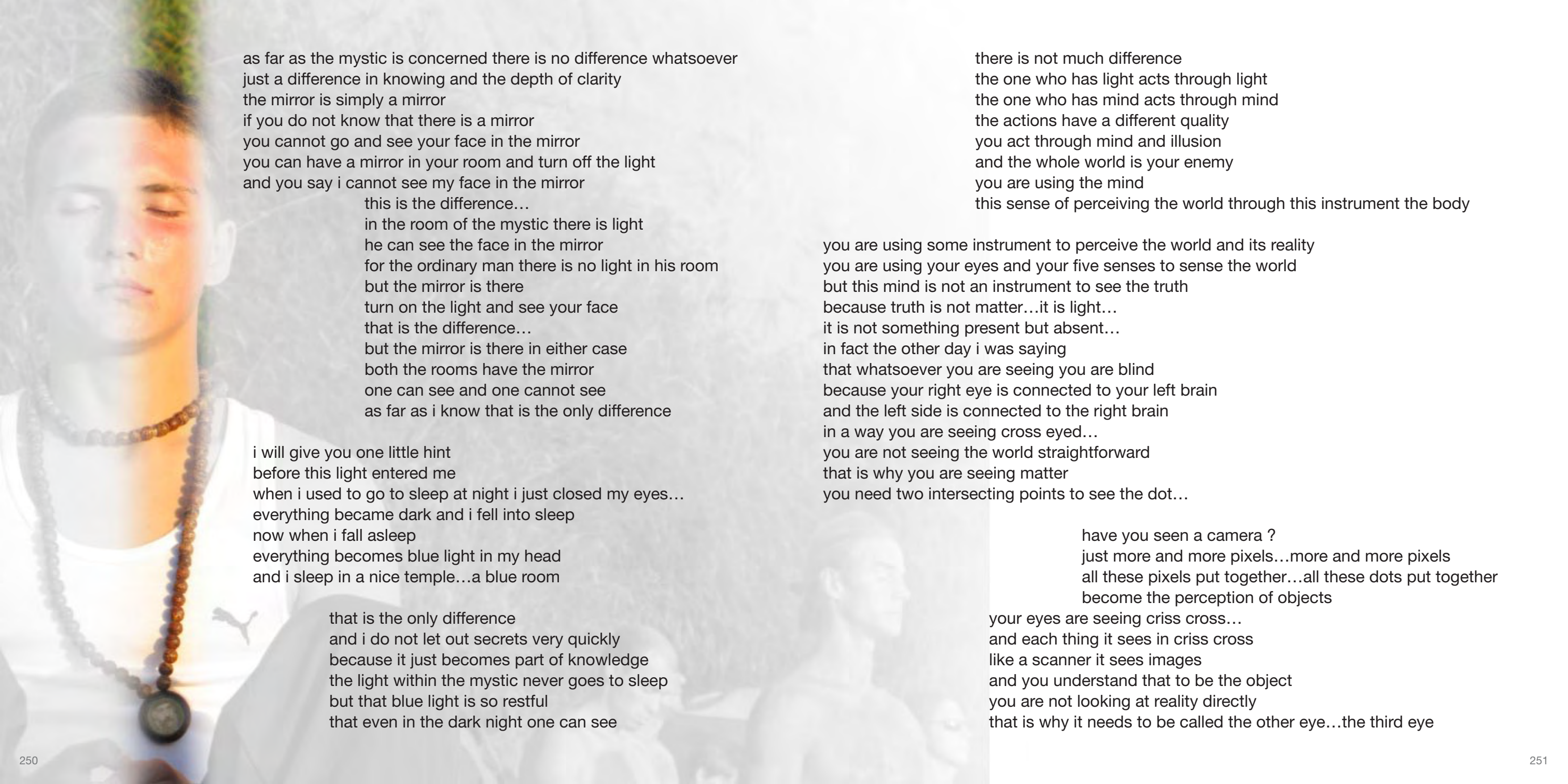
i think i have brought it in a very complicated way today
normally i speak very simple things
but today my throat is not so good
i feel very bad that i could not be with you all
my throat is not good
the body is becoming more sensitive...weaker in a way
but the weaker my body becomes the stronger my being
in a way it is letting go of the identification
i become so strong...vertically

but this body is suffering
with each layer i disconnect i get lighter and lighter
and the body gets weaker and weaker
because there is no more identification with this body
there is no energy going into this body mind
in a way i am getting weaker
but i am becoming far more alert and stronger in the other way

i am just going to speak a little informally today...okay
because i do not want to stress my throat
when i speak i like to speak totally
i like to express totally and move totally
but because of my throat i have to subdue it
sorry...okay
i hope i will be better tomorrow

question *my question is about this mirror...
the mirror quality of consciousness...
what is the difference between this witnessing
consciousness of a mystic and of an ordinary human
being ? ordinary people who just began to practice...
what is the difference in their quality of witnessing ?
and in what way does the mystic see this quality
in other people ?*

in essence there is no difference
everybody has the same source of witnessing
the difference lies in attachment
and knowing how to disconnect
to the enlightened one everybody is enlightened
to the one who knows everybody has that mirroring quality
it has come with their very birth
this mirror came with you when you were born
different people...different societies...
different educations...different situations...
different sets of identifications
but you cannot write on the sky
it is like taking a pen and writing on the water
you can keep writing on the water...it will disappear
you are writing and it disappears



as far as the mystic is concerned there is no difference whatsoever
just a difference in knowing and the depth of clarity
the mirror is simply a mirror
if you do not know that there is a mirror
you cannot go and see your face in the mirror
you can have a mirror in your room and turn off the light
and you say i cannot see my face in the mirror

 this is the difference...
 in the room of the mystic there is light
 he can see the face in the mirror
 for the ordinary man there is no light in his room
 but the mirror is there
 turn on the light and see your face
 that is the difference...
 but the mirror is there in either case
 both the rooms have the mirror
 one can see and one cannot see
 as far as i know that is the only difference

i will give you one little hint
before this light entered me
when i used to go to sleep at night i just closed my eyes...
everything became dark and i fell into sleep
now when i fall asleep
everything becomes blue light in my head
and i sleep in a nice temple...a blue room

that is the only difference
and i do not let out secrets very quickly
because it just becomes part of knowledge
the light within the mystic never goes to sleep
but that blue light is so restful
that even in the dark night one can see

there is not much difference
the one who has light acts through light
the one who has mind acts through mind
the actions have a different quality
you act through mind and illusion
and the whole world is your enemy
you are using the mind
this sense of perceiving the world through this instrument the body

you are using some instrument to perceive the world and its reality
you are using your eyes and your five senses to sense the world
but this mind is not an instrument to see the truth
because truth is not matter...it is light...
it is not something present but absent...
in fact the other day i was saying
that whatsoever you are seeing you are blind
because your right eye is connected to your left brain
and the left side is connected to the right brain
in a way you are seeing cross eyed...
you are not seeing the world straightforward
that is why you are seeing matter
you need two intersecting points to see the dot...

have you seen a camera ?
just more and more pixels...more and more pixels
all these pixels put together...all these dots put together
become the perception of objects

your eyes are seeing criss cross...
and each thing it sees in criss cross
like a scanner it sees images
and you understand that to be the object
you are not looking at reality directly
that is why it needs to be called the other eye...the third eye

the third eye does not see objects
it sees the light and the world made of light...
when you open your eyes you see the objective reality
when you close eyes you see the light and its reality
the mirror is your seventh sense
the third eye is the state of awareness where light enters
it shows you a new universe
the new universe is perfect...absolutely perfect
it is so and always remains so

once your third eye is open light enters
and you begin to see the mirror above you
the third eye is not the last sense
it only allows you to see the next possibility
when light filters through inward
your inner being gets filled with light
the window outward and inward becomes one
now the next step is to be it...
not to perceive it but to become it

third eye to see...
seventh sense to be...being
being and seeing
that is the difference between third eye and seventh centre
the mystic sees
the master is being

there is the one unifying fact between all human beings
whether you know it or not...you are all enlightened
nobody is unenlightened
maybe in an unenlightened state now
but the moment you leave this body and its illusion
this illusion that you are here
you will see your mirror once again

there are few instances how to arrive to this state of nomind
we use dance as our way
it is one of the easiest ways to reach the state
of peaked orgasmic silence and stillness
that is the mirror
and you are always perfect when you are in that state
if you can taste it one minute that is enough proof the mirror is there
you have the glimpse...

question *is the mind just something that covers the mirror
and is this dust that covers the mirror the hindrance
to living our life ? for example the habit of smoking
or the need to always be right...any advice how to deal
with those parts of the mind ?*

do not believe in the mind
that is the best way to deal with it
simply ignore it...that is detachment
if you want to deal with the mind...
you have already acknowledged that it exists
when you say...i must deal with this mind
you have said it is real !
i am saying it is a shadow and an illusion
ignore it...it disappears

the mind is not coming from nowhere
you are supporting the mind
because it fulfills a certain need and a certain function
and definitely the mind has a function
and the mind has a need
and you are giving it energy to continue functioning

the car needs petrol to drive
the mind is drawing energy from you
half mind half nomind
it is a good balance
when you need to use the body to do something functional
to speak...to communicate...to act
you need the mind
but becoming aware that speaking...acting...doing is not you
you are the watcher
watching the body...watching the emotion
it is a simple knack

meditation does not need the mind at all
dealing with mind means psychoanalysis or therapy or groups
i am not against mind at all
it is a beautiful mechanism
but how to use it like a master ?
how to switch it on when you want...off when you do not want...

if you are totally identified with the mind
you think that is the sum of you
body mind emotion is mind
mind is a collection of the body...the emotions...
the thoughts...the doings...
how to get rid of it ?
you cannot get rid of it !
you can transcend it !!

you can go to a layer above it...your mystical being
you have auras
you have an etheric body
you have a soul...the being
the being has to be the master
this body mind just a good functional servant

the witness will become stronger
even the body mind will become more alert
because when you switch it on...it will be clarity
when you switch it off...it will be in deep relaxation
but you have to understand from the beginning
you cannot deal with a shadow
you are light !
recognizing it the shadow disappears...

this is one of the most beautiful stories of osho
someone went to complain to the sun
that hello my friend you are the king of the universe...
you are the sun and this darkness is haunting me
and giving me much trouble
i cannot sleep anymore...i cannot rest...
wherever i go this darkness is attacking me
please can you get rid of this darkness for me ?
the sun said no problem
i go and help you any way you want
just take me and show me where darkness is
so he take the sun to show him darkness
but wherever they took the sun...there was no darkness
the sun says...where is darkness ?
show me i will solve it !

that is why the zen masters say...there is nomind
he says your mind is simply illusion
you are living in illusion
live in the light and show me the mind...
bring it here...this instant...i will remove it !
and how does he remove it ?
just one hit on the head and the mind stops
and he says...where is it now ?

he creates an energetic state in you
that energetic state stops the mind
you get a glimpse
that glimpse is the light
you have seen the possibility
you have seen the potential

now you know it is there...present
this is satori
to wake you up to your reality...to show you the truth
and then you know the way
you just make different methods
to arrive to the same moment again and again
to peak again...stop...watch
and let that watchfulness settle
peak...reach...stop...watch
nomind

let that watchfulness settle into the body
and the slave will understand the master is watching
it is a very simple process
you have just come today
all the other people sitting here they already know what i am going to say
they have already understood the inner simple mechanism
the mind is used to looking at complex things
the more complex things the mind looks at
the more the sense of achievement and satisfaction
the mind has been trained to look for satisfaction
it is like a game of chess...it must achieve
you say you always want to be right
that is the function of the mind
mind is a perfectionist
always trying to negate one

if something is right...
then you have already created the wrong
the right is creating the wrong
the moment you are finding the right
you have already decided what is wrong
you have already made a judgment
you have already made a division
you have divided the whole source of life
now you think it is right
but what about what is not right ?
now that is wrong

who is going to deal with the wrong when the wrong will come to you ?
and it is bound to come because with the right comes the wrong...

they come together
do this...it is right
you do this...it is right
mind has enough of right every day
now let us do something wrong

right always looks for the wrong
there is more attraction for the wrong...not for the right
you understand ?
we have no rights and no wrongs at all
just a divided way of looking at existence

existence is not divided
it finds balance in two things...
to find balance in the opposite is understanding life and the wisdom of living
the bird cannot fly with one wing
it flies with two wings
and the two wings takes the centre forward
exactly like this !
higher and higher and higher
you got to keep finding balance at each and every step
you understand ?

question *you told that children are already enlightened beings
so how to help the children to remain in this
enlightened state ?*

my god...when i speak about children i speak for one hour
i am passionate about children !
i fight for children...
i fight for the innocence of these new beings
who are coming to this earth
i am not going to speak today
another time...okay my friend ?

it is something i am very passionate about
i am very passionate about innocence
to me innocence is the greatest treasure
forget all kind of stupid achievements...
enlightenment...or whatever you want to call it...
innocence is by far the greatest treasure on this earth
not knowing...that innocent state...
just a waiting heart...
that is truth itself

the baby may not know how to say a single word
it may be just mumbling jumbling
this is the sound of truth !
those sounds coming out of the babies mouth
they are the ultimate sound of truth
they are so primitively rooted in the very being of the child
just listen to the sound of a child
whether it is crying or laughing or giggling
it is so authentic !
it is a sound of existence
that is why i say innocence is by far the greatest treasure

you see socrates
he says...now i know that i know nothing at all
he has defined the ultimate truth to be such an unknowable mystery...
such an unknowable mystery that there is no need to know
your knowing is so deep...so profound

only in an innocent state can that profound experience be revealed
it is so multidimensional
mind can only rest on certain things
it cannot rest on a million directions at once
truth is taking care of this whole existence in millions of life forms
no words can even come close...no knowledge...
nothing known can defines the ultimate reality of this buzz of existence

whenever i remember the space...innocence..i think of children
they are my passion...
not that i want to have children...no thank you
always go back to the innocence of the child

question *i am a newcomer here...i get disappointed when i hear that our evolution
of our higher consciousness does not go in the same direction as our
body...is it possible to make them go in the same direction ?*

you are asking for the impossible !
you are fortunate...
you are fortunate that you have a body of this calibre
that existence has brought you to this physical reality
that itself is a miracle...one of the greatest miracles ever
so be grateful to its achievements...to its presence
we have to learn to be thankful for whatever we have received
do not deny the body
it is beautiful that it has certain limitations
otherwise today you will start flying
it has limitations...it has to walk

limitations make us humans
but the beauty is that hidden within these limitations...
there is a hidden treasure
now that is the wonder
that hidden in this mud there is a diamond
is that not even more spectacular ?
through the mud...through the water...
and long stem and flowers above into the sky
you are the lotus !

respect the mud
live the mud so deeply...that the lotus will awake
in fact the body is a protection for the soul
the soul is bound in this beautiful body
whatsoever actions you see from the outside
the innerness...the inner form...is a perfect circle
the perfect circle is opening itself
so that it enters the world...becomes your body
 you will find the perfect circle within the form
 carrying within this form is a perfect being
 how to hide a priceless treasure in the mud ?
 actually that is quite a genius !
 the softest thing in nature is life
 life is protected with harder objects
 in that sense the body is a perfect protector...the perfect soil...
 for you to grow and experience your inner reality

the body is not against you
no master has spoken against the body
they are only making you alert and aware
that you are identified with mind and emotion
mind is not real...emotion is just fluctuating
depending on condition to condition
the reality knows the body
just becoming the body...then you are perfect

that is why people who live in the jungle and are more primitive...
less intellectual...they have a direct sense of truth
their body can sense the truth directly
their dance...their rhythm...their movement...
everything gestures truth
so body is a great blessing

hmmm ?
and you are not new at all !
nobody is new here
in a way it is good that you are new
because there is dracula looking for new blood
be careful at night when you go to sleep
dracula knows new blood has come
all the draculas will come to suck the fresh blood

do not let anybody bite you tonight !
you see samadhi is in front of you ?
he is very happy...his ears opened...his eyes opened...dracula ?
all vampires...be careful...
we are a secret vampire circle
it is a very secret cult
you got warned !!
i am count dracula
that is why i do not come out in the day !!

hello again !
i remember you very well
poor guy came to see us in moscow
he is dancing...dancing
i said just dance...peak...stop...still...
come down and you will be okay
poor guy is dancing dancing dancing
nothing...no stop...no peak...nothing

he said to me after two days i do not know what i am doing here
he just asked me what am i doing here ?
i looked around
i said...yes what am i doing here ? i also do not know
i never forgot him since that day
i thought now he will be running away tomorrow
but he did not go anywhere
he said okay...there is no reason to be here so let us be here
now that is perfectly good reason to be here
so welcome once again...for no reason

question *i feel like i did not see you for a few years...
during this period i tasted different kinds of drugs...many different emotions
arise...i got something like a distraction from my emotions...disattachment
from the emotions...a quality that i can watch these emotions
so the question is the following...it is told that it is harmful to take drugs
everywhere we get fear that it is prohibited...it is harmful and things like that
but in my case i do not have bad experiences with drugs
i would like to understand what are these experiences...*

i am in favour of drugs
i am not against drugs at all
it is nothing but a chemical you are introducing into the body...
to have another kind of experience
there is nothing harmful in the drug
it is giving you an altered state...another window...
so you see the same world in a different way
your body has all these chemicals within it
even things like heroin are within the body in various endorphins
whenever you come to a deep relaxation
many different drugs are released within the body to relax you deeper
drugs are not necessarily harmful

for example
alcohol is permitted by the governments
but alcohol is harmful...definitely !
they are allowing you to drink any amount of alcohol
you are putting fire into the body to rush the blood...
so that you are feeling high

when you drink any spirit or alcohol
it is entering your bloodstream
it makes your blood rush faster and faster
your heartbeat goes faster and you feel like superman
you are tiring the blood so you drink more alcohol
the next day you are getting so tired...it is called a hangover
a hangover is nothing but the blood getting tired
of running faster than normal
next day you feel tired because the blood was rushing
faster and faster...you understand ?

drugs are not as dangerous as the drug of ego and power
people in position of power are also releasing a certain adrenalin...
a certain high...
the power trip releases a certain chemical in their bodies
if you go to a boxing match the boxer is releasing
many toxins into the body...such a high !

poor person who is taking a drug
is only harming the body a little and relaxing
and any drug that relaxes you allows you to have an experience
the whole path of meditation is relaxing
and the way the society is today
those who are not taking drugs are idiots !
only intelligent people are taking drugs
because they find no meaning to what they are doing

nothing wrong in drugs at all
your whole body is a drug
all chemicals are within the body
induce it correctly and try to remove the toxic effects
use it as an experience and a window and a glimpse
perfectly okay

a meditator can use drugs very effectively
anything that takes you out of the mind...
and gives you a little window...a new kind of perception...
is always valuable
at least you are thinking out of the box !
no harm as long as it does not become addictive
in that sense i am not against drugs

ego is a drug
power is a drug
anger is a drug
and they blind you and they harm others
that is worse
a politician on his power trip...
subdues the world...dominates others
now you are not harming yourself...
but you are harming other people !!

drug addicts never harm others
i have found them to be very humble people
they just want their little dose and fall out of the mind
you have to be intelligent
because the world is very boring and monotonous
it has no future...until you find the path inward

this body mind has no future but the grave
and the intelligent person straightaway understands...
same brushing the teeth...same going to the toilet...
same wearing the clothes and same wife...
how much different can this world get ?

you are an intelligent person
enjoy the drug
i am very happy !
you are becoming intelligent
but use it very consciously...
prepare yourself for that experience...
keep your body healthy...eat the correct food
so that the toxins are removed
gain the experience...flush the toxin...be healthy

prepare yourself for that experience and enjoy totally
create the right atmosphere...
then you will not become addicted...
then you have created a device for that experience
the moment you take a drug consciously...with a certain inner reason...
you can become very intelligent
do not take it mechanically
use it like a deep spiritual experience and a meditation
then you will respect it
you can respect even poison and drink it correctly
nothing is harmful

unconsciousness can harm you in a million ways
any kind of thing that you are putting into the body consciously cannot harm you
because you are watching the experience
you will learn something out of that experience
and you will become a much more colourful being

create the right atmosphere and enjoy it a deeply
better than smoking a stupid cigarette
certain drugs heighten your consciousness...they make you alert
certain are depressant...certain are awaking
so try those that are awakening
if you feel depressed when you take a particular drug
it is not working for you

take a drug that induces a sense of euphoria..
a sense of well being...a certain calm...a deep relaxation
then it is good for your body to tune into it
use it intelligently
use everything intelligently
that is what i am saying

i am not taking any drugs
but i understand and realize the reason for its appeal
when i had my first samadhi i suddenly realised...
that such drugs are being released in the body
and i realized that my experiences were the same
as the ones i read about in books
but with no after effects !
and these experiences did not shut down
they opened and became more colourful
more psychedelic...deeper rooted in its reality

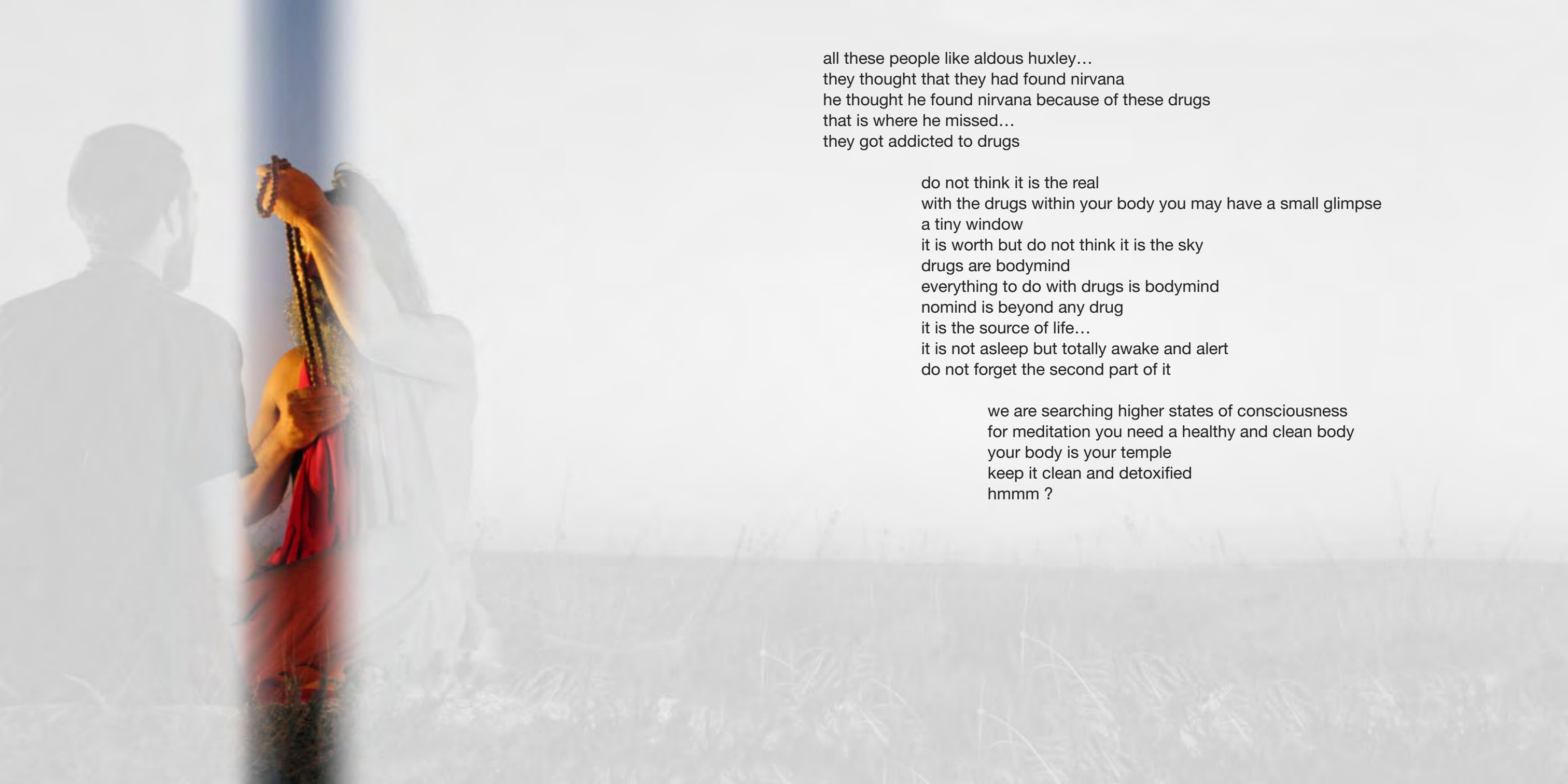
the world is a psychedelic drug experience
when you will die you will know...
the greatest psychedelic explosion of drugs in the body
and there is a reason...
you are dying...your soul needs to leave the body
so the body will start releasing so many drugs into you...
so that you relax and the soul can be removed
when i had my experience of samadhi...this is what i realised
i was getting so drunk...
my eyes were getting so heavy
such deep ecstasy i could not even have imagined
i have to use the word ecstasy for this particular reason
the word bliss is so far away
the whole body was dancing like molecules in explosion of light
that was a state of samadhi...

i realised later on that samadhi was just a cover up
it was just a way of the body to put me to sleep
the state of samadhi is not the ultimate state
it is the state before
then existence pulls you out of the body
and that is going to be painful

awareness is beyond samadhi
knowing is far above samadhi
samadhi is way below the state of awakening
and in awakening...there is no bliss...
it is simply a shock
before they shock you...they give you some drugs in the body
that body drug is called samadhi
such bliss...heaven...bliss...bliss...bliss...
and then they cut your head off

you will laugh the day you become enlightened
you will be in such a heavenly state of paradise...
this is what bhagwan was speaking about
you cannot utter a word...you are just in a deep trance
your whole body is flowing like honey
and then it comes...
and you are dead !!

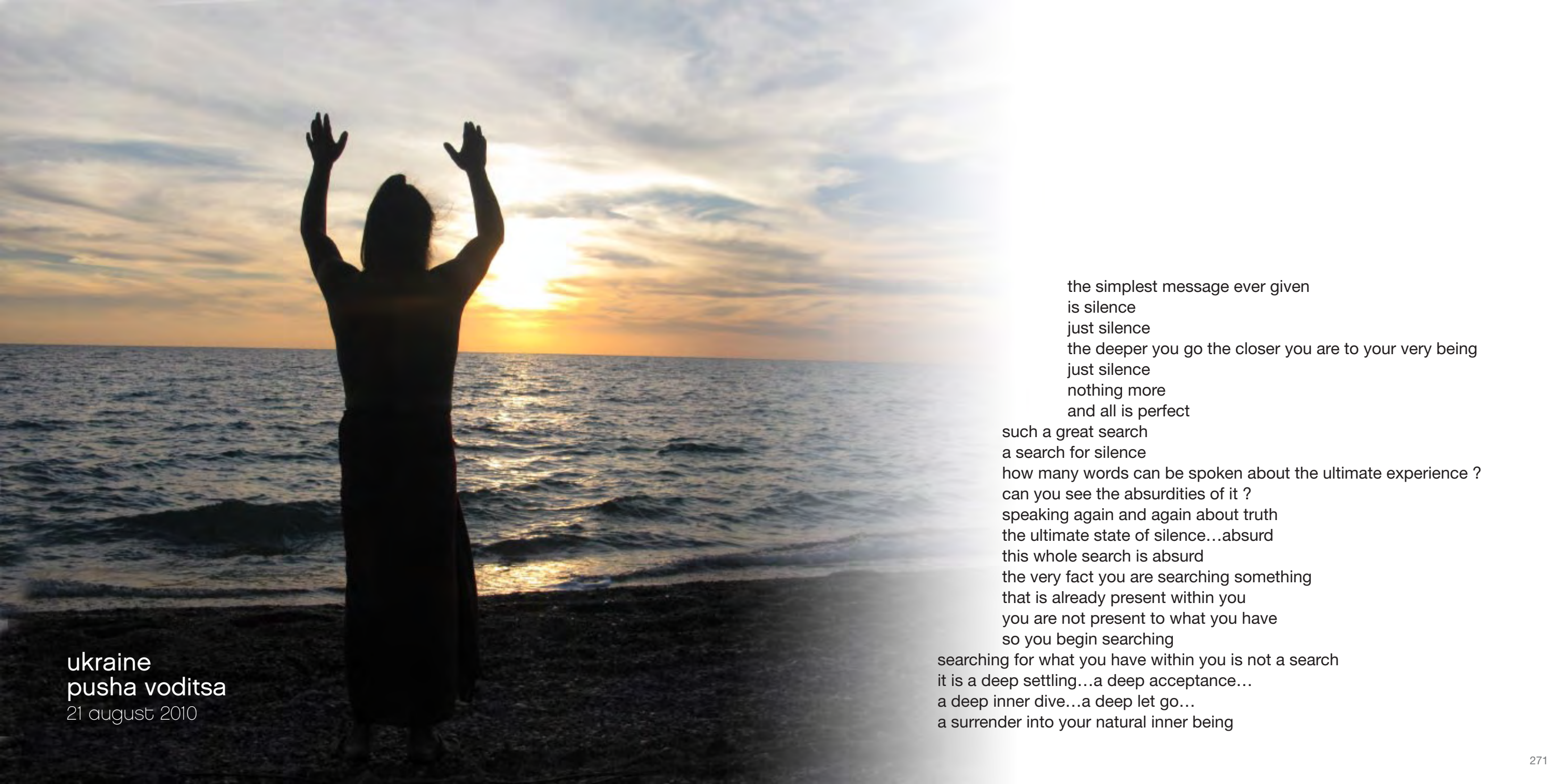
you see the value of the drug ?
what i am indicating to you is that some soft natural drugs
may be good for the body mind and relaxation
but you cannot attain to consciousness
remember that carefully !
you can attain to a deep bodily relaxed state
a few windows may open to give you a glimpse of outer body experiences
but very few...very small windows...
do not think that this is the real thing



all these people like aldous huxley...
they thought that they had found nirvana
he thought he found nirvana because of these drugs
that is where he missed...
they got addicted to drugs

do not think it is the real
with the drugs within your body you may have a small glimpse
a tiny window
it is worth but do not think it is the sky
drugs are bodymind
everything to do with drugs is bodymind
nomind is beyond any drug
it is the source of life...
it is not asleep but totally awake and alert
do not forget the second part of it

we are searching higher states of consciousness
for meditation you need a healthy and clean body
your body is your temple
keep it clean and detoxified
hmmm ?



ukraine
pusha voditsa
21 august 2010

the simplest message ever given
is silence
just silence
the deeper you go the closer you are to your very being
just silence
nothing more
and all is perfect

such a great search
a search for silence
how many words can be spoken about the ultimate experience ?
can you see the absurdities of it ?
speaking again and again about truth
the ultimate state of silence...absurd
this whole search is absurd
the very fact you are searching something
that is already present within you
you are not present to what you have
so you begin searching

searching for what you have within you is not a search
it is a deep settling...a deep acceptance...
a deep inner dive...a deep let go...
a surrender into your natural inner being


all search is moving...becoming...doing...
searching is moving away
it is so easy to move away
because mind wants movement
mind wants to search anything
it may be material...it may be power...it may be money...
it may be truth...it may be enlightenment...
it is the same movement of mind
this whole search for truth is utterly ridiculous
it indicates that you do not trust your inner being
that you have not listened deeply to your inner silence
that you have not drowned into what you already carry within you

first understand this fundamental key
all search is of the mind
how can you search what you do not know
it is not objective...it is not a commodity...
something that you can get and find
you can find everything but truth is not a finding either
there is nothing to find
there is something to be dissolved into
that is the beauty of the word being
not desiring...not dreaming...not doing...
just be...in no movement
utter acceptance of the treasure deep within you
find ways to dive deeper and deeper into this still moment
the moment you understand this you stop running outside
you stop pulling yourself out
and something within you...deep within you...understands
whatsoever the search is...
whatsoever i am looking for is so deep within me
that everything and anything that i will do will take me away
it is not just a thought

your whole inner being has to absorb this message
your whole inner being has to drop this conflict
this inner struggle that i have to attain something
all attainment is of the world
you have been trained to attain and to do and to achieve
you are not to achieve anything
you are not to improve anything
the moment you feel i need to improve myself
you are denying yourself
you are dividing yourself
you are creating guilt
that this is not right...i need to improve
this is not right...i need to change
i am not perfect...i need to become
i am not enough...i need to prove

all this starts creating a division within you
what you are and what you wish to be
and this wish is not yours
it is others projection what they wish you to be
that you are not right...
you are not perfect...
you need to improve your life...
you need to change...
you have to become better...
you do not deserve anything

these are the voices that surround our heads
totally not accepting ourselves for whatsoever we are
this division becomes the judge within you
this division becomes the guilt within you and you are divided
this division becomes an inner struggle...
an inner fight...an inner conflict
so you have no energy left to celebrate



all you need to do is live your life
be yourself...whatsoever you may be
you just be yourself
fall deeper and deeper and deeper into your natural self
and you will see that it leads you to a wholeness within you
and it allows you to accept yourself the way you are

how you can begin the inner search
when you are divided ?
who is searching for truth ?
the one that is right or the one that is wrong ?
who is searching ?
there will always be people to judge you
they tell you...improve yourself...
become better...change...
they are the spiritual egoists

this spiritual ego is far worse than a normal human being
a normal human being is just normal
he makes mistakes

he is simply living his life totally according to his inner nature
living your nature totally deeper and deeper and deeper
with no guilt...no division...no judging yourself
with a total inner acceptance...that this is the way you are
and suddenly you will feel...
such a beauty radiating from within you
even your ugliness will start radiating a certain beauty
everything is beautiful when it is totally accepted
with no division

first thing...do not become your own enemy
the whole art of transformation is living totally energetically your nature
because that is the way you are
living your nature deeper and deeper and deeper
whatsoever your dreams are...your desires...your wants...your doings...
you will feel a certain inner completion

it may not have happened
but once you accept...an inner completion will be felt by you
that you have not attained but there is no struggle
you do not feel that you are worthless because you have not attained
the moment you create an attainment and achievement as a goal
and you do not achieve it...
you have created the division
you cannot end your goals...
dreams are endless...you cannot achieve them all...
but if you understand what i am saying to you
you will feel you are not here to prove to anybody that you are worth breathing
you are not here to prove to others your value and your worth
you are alive...

if you did not achieve...no problem...you are enough unto yourself
the seeker of truth is a warrior
he accepts himself perfectly the way he is
and i am saying this again and again because this is just the way it is
this is the truth
once you are not divided anymore...your energy aligns to you...
and this helps you climb higher and higher...
not fragmented into parts
this energy peaks within you
and you experience the ultimate peak
because you have so much abundant energy...
not dividing and fighting inside you
the other part is a deep relaxation and acceptance of your being

relaxation allows you to settle
the pulse of life...settle it...
another pulse...settle it...
you are settling into the roots
your roots become deeper and deeper and deeper
when your root come to its very final bottom they start flowering

allow life to settle into the roots
all that you are doing outside you...
is always to prove...dream...desire...think...do...
you do not need to do so much
do what is necessary
and the rest of the time just do nothing at all

you are so trained to work like a robot in a factory
time is short...you have achieved so many things...
keep doing something...keep doing something...keep working...
gain something material...gain something spiritual...
do some meditation...do something...
because without doing what sense of achievement can you have ?
this sense of achievement has been forced into you
it has been forced by your education...your parents...the society
they force the person to achieve...
so that you can achieve for them to build roads and railway stations
you are just a number...a robot in their factory


you are not here to achieve anything
but society is very clever...
give him some reward...
try dollars...euros...money...
house...car...power...prestige...
make him the president !
achievers...
all getting some reward
this is the lure...the trap
achieve and we will fulfill your dreams and give you a reward

and where are all these rewards going to go ?
you can enjoy these so called rewards for twenty thirty years...
then you can die miserable
because where is your future after you leave the body ?

meditation is not any form of achievement
it is dropping out of this vicious circle...
of trying to become somebody and achieving something
find the perfect moment within you...
in the deepest silence...
in the deepest celebration...
and if you can taste that inner achievement
then you have understood that life is a goal within itself
living life vertically...totally living life itself...is the answer

how to intensify every act...every gesture...every movement ?
how to squeeze life in its totality ?
how to breathe deep into your being ?
how to relax deep into your presence ?
how to peak high into the sky ?
for this you do not need to achieve anything
live life totally
create a flame of life so total in you...
that you know you have arrived to the very peaks of consciousness
it is a very simple understanding and a very simple phenomenon
and each arrival needs understanding and time to settle
that is why meditation needs some time
experiences need to settle...
settle deeper and deeper...
and the deeper you will settle
you will grow higher and taller and vaster

like i was saying today...
the deeper you will go into the roots...
the higher you will climb naturally into the sky
the tree is not climbing...it is settling into the earth
and naturally there is going to be an equal and opposite force
push into the earth...
and the equal but opposite force will be the result



the tree does not struggle...
it simply relaxes in the spring
and the rain comes and the air becomes fragrant
the overflowing energy turns into flowers and fruits and fragrance
it is so utterly naturally settled into being
just taste what i am saying
if you understand it...just drink this silently
it is a taste of utter acceptance of yourself

please do not try to do anything additional
whatsoever you will do
you will be working with the branches
you cut one leaf...this branch you do not like...
this twig is a little bit bent...that leaf is getting yellow...
this one is too big...that one is a bit small...
some leaf is going to get brown...some is going to die...
what can we do ?
that is not the source of life
the source is so deep within...
the source is creating so many different forms and leaves
the mother of being is not complaining
existence is not complaining

we are looking at each other
because we have been taught to achieve...judge...and condemn
and that is the way people are fighting in the world
they are teaching you how to fight with others
slowly you start fighting within yourself
the moment you start judging others and comparing with others
that same quality comes within you
you start judging yourself and comparing with others...
it is bound to happen
you will be filled with that same poison

it is so beautiful to see so many different people
and everybody has the right to be the way they want to be
just accept that everybody is so beautifully unique
i am not just saying it...
i just find the beauty in every person so unique...so colourful...
just imagine a thousand people exactly the same
just imagine a thousand nishkams singing the same song
you will die !

when nishkam met me for the first time he asked me
i have to achieve these goals
how do i achieve my goals ?
i have to get this job...i must do this job...i must get it...
he had very penetrating questions
i need to achieve this...i have to attain
all these futures...what do i do about it ?

he asked me in moscow
i said...listen i have achieved nothing...i am a loser
if you want me to reply you how to lose your job...very easy for me !
i can show you all the ways to lose your job
i myself have no job
but i can find you ways to lose all your jobs
perhaps that can become a new qualification...
you become an utter loser...like me !

and utter losers have a great value today
so few people in the world are utter losers
very few people are utter losers and totally accepting...yes i am a loser
even the loser is not accepting...he is afraid of the word loser...
he feels guilty about it...i am celebrating it
i am a loser
job...no job...i cannot even find a job anymore !
an utter loser and totally content
i do not want to be good for anything in this world

so i said if you can become utter loser...
with no complaint
accept that quality as one of the greatest treasures
the world needs all kinds of people
just imagine ten losers who are good for nothing
they will be very interesting people...really juicy people !
there is no anxiety anymore...
they have no tension...
they are not worried what society will say...
they are not worried what their friends will say...
they are not worried about what their parents will say...
they will just rest and say...i am totally useless
i am not going to improve myself for anyone
what to do ?
i am made like this

if you can achieve that...
total acceptance that you are good for nothing
perhaps you might find a new career
that is what i told nishkam
new job...i gave him that option
now i heard he has started singing instead !!
give up singing
do not even try to sing
do not do anything
singing is too difficult...
you have to achieve a great voice...
just become a loser

he has started singing
now he has a singing career !
but i have heard him singing when i was in bed...oohhh noooo !!
(everybody laughs)
i told him...do not do anything
achieve nothing...no career...now what to do

he is so beautiful
he is so totally different this man
he came all the way to india
no job...no work...no future...
now he has come here
you see !
yes nishkam...welcome

life has so many possibilities
just imagine what i am saying
seven billion people on this planet
do you not think that at least a thousand losers are needed ?
just imagine what can spring out of their inner being...
just doing nothing...eating and sleeping...eating and sleeping...
no dream...no desire...just eating and sleeping...
where is all that energy going to go ?
it is going to gather and gather
nice and comfortable...sleep and eat
no worry no tension nothing
his skin will start glowing like light
so much energy is going to radiate out of his inner being
and it will start flowing into the body naturally

this is the whole secret of meditation
eat...sleep...relax...
eat...sleep...relax...
eat...sleep...relax...
once in a while shake a little bit
you will be so filled with energy
and then suddenly one time you explode
peak and just stop...
and go to sleep

the meditator is a hibernator...
a deep sleeper
people usually fall asleep when i am talking
i am a very boring person
if you listen to me one month
the same old buzz...buzzzzzzz...
i have nothing else to say !
i am not osho
he spoke six hundred books to keep you awake
i am not going to make so much effort like him
i am not a master achieving any mastery
i am just a stupid disciple enjoying...
just gossiping with my friends
i repeat the same words
this way...that way...this way...that way...

i am saying everyday the same thing...
what else i am going to say ?
i am trying from this way...from that way...
nothing new you will hear from me...
i never did anything interesting in my life
i just went into the same old stillness...stillness...stillness...stillness...
it was so beautiful
what was the need to do anything else ?

when you drill a well drill one well
i keep telling...why sannyasins have missed the truth ?
when you drill one well...drill in the same spot...
you find one spot
for example...kundalini meditation
drill...drill...drill...drill...drill...drill...drill...
just one meditation...
soon the mind will get tired...so boring

you try another meditation...you drill ten metres...
and you go to another hole...you start digging there...
you find no oil...
you say no...maybe sufi whirling is better...
bhagwan said dynamic...try dynamic...
all meditations have not worked
i drill but there is no oil
you try some groups...some therapies
nothing is working...tantra may work...
find a girlfriend...find another girlfriend...
girlfriend not working ?
get a bottle of wine drink it...

this is what is happening in the resort
they have done all the meditation methods...
they gave up
then they started doing all the groups...
they gave up
then they started doing all the therapies...
they gave up
then all the new kinds of girlfriends...all the tantra groups...
they gave up
now they are hitting the bottle
they are all drinking wine

this is a logical way ! from spirit to spirit !!
you have to hit the bottle in the end
the spirit is in the bottle !
the tenth bull is a bottle of wine !!
yes it is...remember ?
the tenth bull is a bottle of wine
you know the ten bulls ?
that is what the management of the resort is doing
drinking one bottle of wine...they have found the truth !

when you find one meditation...just drill
keep going deeper ...
keep it a constant factor...
something in your life on the path must be constant
if witnessing and the presence can be constant
then at least be a witness

in my life vipassana was constant
everything happened
but my inner watchfulness of movement never failed
just one hole...keep drilling...drilling...drilling...
and you will find the bottom
you will find the oil...

when you do too many types of meditations it destroys you
because you find nothing in the different meditations
you give up meditation
you have found nothing...you do not continue on the path
because everything is bitter now
for all osho disciples the path has become sour...bitter
complaining...judging...jealous
the grapes are sour
they have become bitter
that is the worst

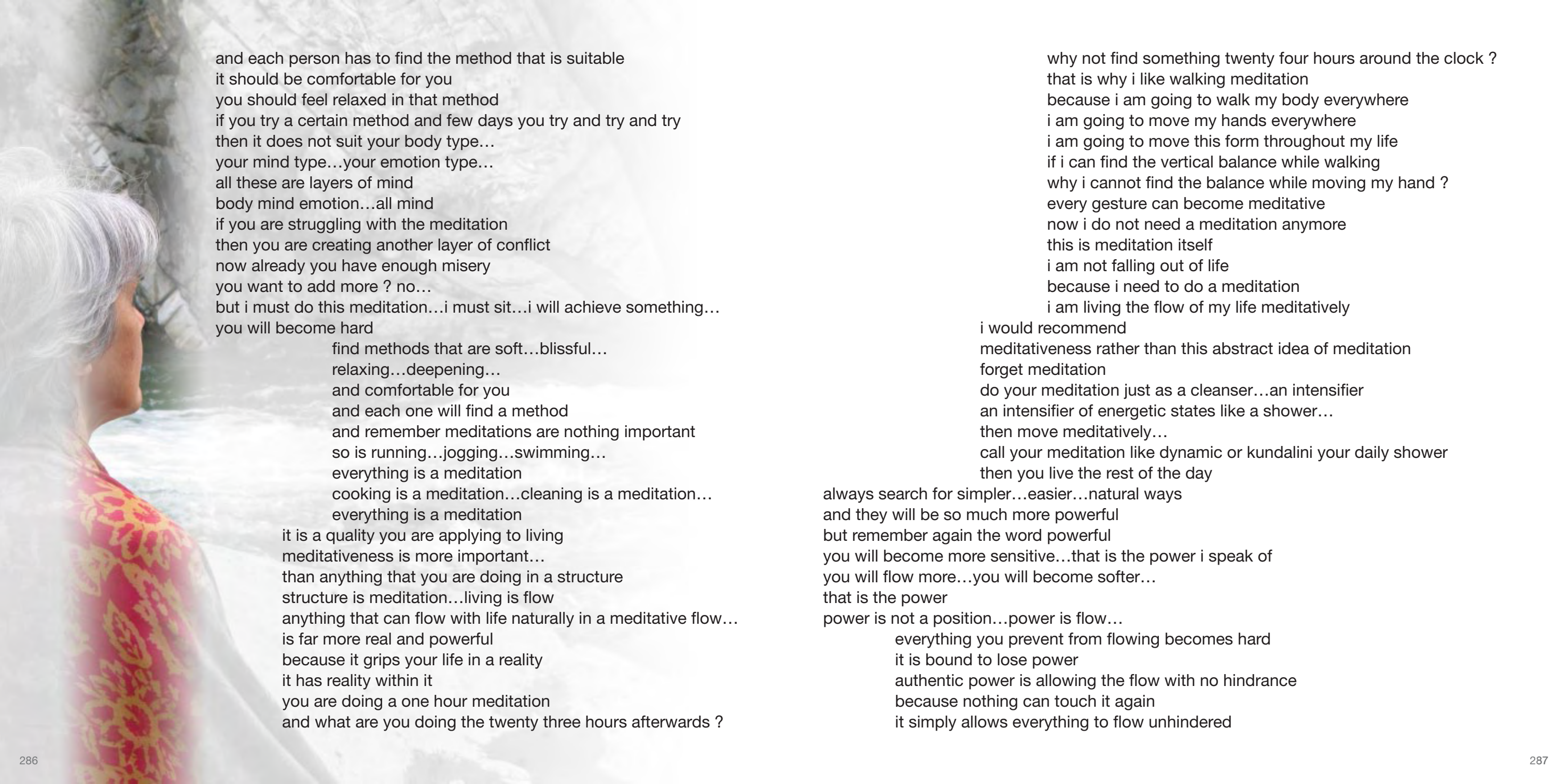
you will become bitter if you try too many methods
remain sincere with any one method
and find the totality within that method
the moment you find totality within any single method...
the method falls away...and you understand totality !
the method was just to teach you totality
every method given by osho is condensed into a certain time frame
because you cannot be total twenty four hours
but one hour you can be total

so when you are total in any single method...the method disappears
what is left in your hand is the experience of totality...
so you do not need the method anymore !
you have attained to the method and you dropped it
you do not need meditation
your very lifestyle becomes a way of living totally in every gesture
then the meditation has helped you

otherwise the meditation will become a handicap
you start depending on it
and you can depend on a master...a guru...a teacher...a method...
all dependence means you are not yourself
you need the other to be total
you have to understand this
that you do not need the other to be total
and you become free of all outer forms

the master is the last outer form
there is no difference between a meditation device and a master
it is easy to fall out of the meditation device
but to fall out of a master ?
impossible !
you have to learn and understand that you are searching your inner being
and all outer is a symbol to bring you to yourself
do you understand what i am saying ?

understand the meditation methods more deeply
i always say that you need to be scientific
a mystic is not an idiot
if you are going on the path of mysticism...
you have to be a genius
you have to have a certain sense of alertness...a deep sensitivity...
a sensitive way of questioning...what am i doing ?
where will this lead ?
dig deeply into the method



and each person has to find the method that is suitable
it should be comfortable for you
you should feel relaxed in that method
if you try a certain method and few days you try and try and try
then it does not suit your body type...
your mind type...your emotion type...
all these are layers of mind
body mind emotion...all mind
if you are struggling with the meditation
then you are creating another layer of conflict
now already you have enough misery
you want to add more ? no...
but i must do this meditation...i must sit...i will achieve something...
you will become hard

find methods that are soft...blissful...
relaxing...deepening...
and comfortable for you
and each one will find a method
and remember meditations are nothing important
so is running...jogging...swimming...
everything is a meditation
cooking is a meditation...cleaning is a meditation...
everything is a meditation

it is a quality you are applying to living
meditativeness is more important...
than anything that you are doing in a structure
structure is meditation...living is flow
anything that can flow with life naturally in a meditative flow...
is far more real and powerful
because it grips your life in a reality
it has reality within it
you are doing a one hour meditation
and what are you doing the twenty three hours afterwards ?

why not find something twenty four hours around the clock ?
that is why i like walking meditation
because i am going to walk my body everywhere
i am going to move my hands everywhere
i am going to move this form throughout my life
if i can find the vertical balance while walking
why i cannot find the balance while moving my hand ?
every gesture can become meditative
now i do not need a meditation anymore
this is meditation itself
i am not falling out of life
because i need to do a meditation
i am living the flow of my life meditatively

i would recommend
meditativeness rather than this abstract idea of meditation
forget meditation
do your meditation just as a cleanser...an intensifier
an intensifier of energetic states like a shower...
then move meditatively...
call your meditation like dynamic or kundalini your daily shower
then you live the rest of the day

always search for simpler...easier...natural ways
and they will be so much more powerful
but remember again the word powerful
you will become more sensitive...that is the power i speak of
you will flow more...you will become softer...
that is the power

power is not a position...power is flow...
everything you prevent from flowing becomes hard
it is bound to lose power
authentic power is allowing the flow with no hindrance
because nothing can touch it again
it simply allows everything to flow unhindered

this is the mistake of people in power
they think power is the thought that they can obstruct somebody
they can...but they are creating a wall
nature does not like walls
you obstruct one...you obstruct another...you keep obstructing...
you are creating a great wall of china
now to maintain that power of obstruction you need more power
then you need to keep guards at every point...
and then you need more power to see that those guards behave
power is being distributed all over the world just to maintain the obstruction

real power does not create walls
it is so powerful
it says welcome everybody i do not create walls
i have no energy because i am above it all
anybody who knows he has ultimate power is not afraid of anybody
what is the fear ?

that is why i say softness is power
invisible power is what the mystic attains to
this power is so invisible
that nothing can prevent him from reaching anywhere he wants
because neither he obstructs neither he understands obstruction
he does not create any obstruction...
whosoever he will meet there will be no wall
it is simply flowing through and through...
and this is the real mystery...
what osho calls love...the power of love...
invisible...silent...never obstructing...soft...silent...present...

when you will fall into that state and attain to your inner being...
you will understand how truth can be transmitted
it is very silent...so invisible...
you do not know the secret
it is unimaginable...unimaginable !

question *what does it mean to take sannyas ?
what is the meaning of this process taking sannyas ?*

madness !
just falling out of the mind
everything is making sense...
do not make any sense out of this
just dive into the unknown
do not make any sense out of sannyas
it is senseless madness

then the pull will come
you will not know why...what is the reason...
you just want to die
it is so overwhelming
the moth is flying...the candle is burning
it knows it is going to die but the light is so pulling
and the moth is dancing around the light
and the flame is burning
the moth goes into the flame...burns and dies
sheer madness !
absolute death !
insanity !
that is the real explanation

the moth and the flame !
this is the word osho was saying once
that the word mauth in hindi is like moth
mauth means death...moth and mauth...
the moth is searching for death

just die !
no need understand what is going to happen
be mad
not enough mad people in this world

if nothing happens it does not matter
you enjoy a moment of madness
but at least you did it !
you had the courage...
you leaped into the flame
burn and see if you are consumed or you are still present
at least you will pass through the fire
something is bound to transmutate within you
you can never be the same
never !!

questioner *you said you could not be the same person after sannyas
in any way ? the person would not be the same without sannyas ?*

impossible ?
it never happened !
you have to jump and do not make logic out of it...why it happened
you know the body...you know the mind...
but you do not know death
if you know death you do not need sannyas
just knowing that death does not exist you know your eternity
then you are sannyas itself...
the deathless in you...that which will remain is sannyas

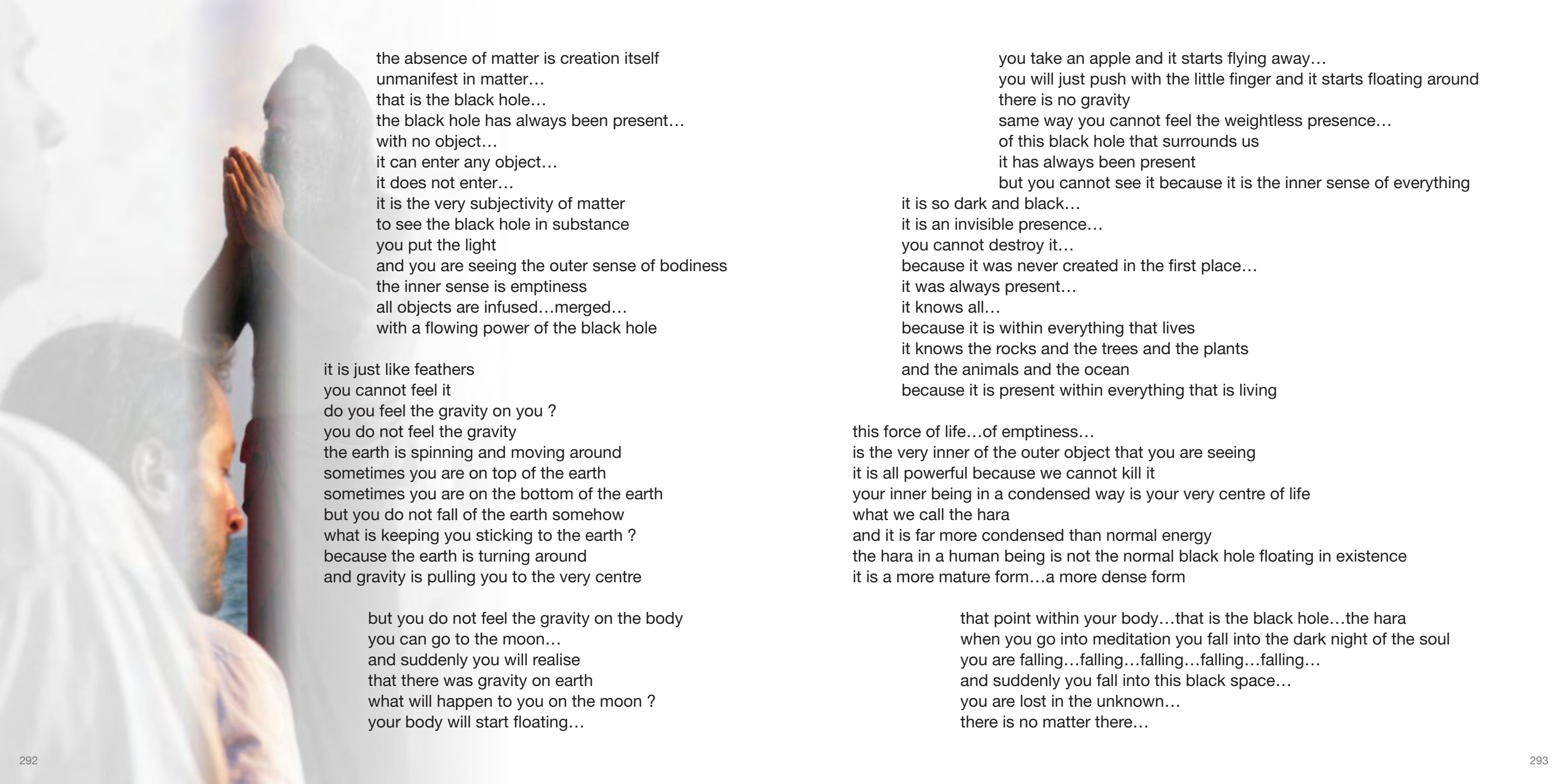
if you know death
you will laugh...there is no death
knowing that you are deathless
knowing that nothing can kill you
it is the truth
let us look at the truth...
omnipotent...omnipresent...omniscient
all powerful !
it is so powerful

what is the power of truth ?
it is invisible...no taste...no touch...no sound...no smell...
it is present everywhere...
it knows all...
look at the qualities of truth...
something is present everywhere and yet it is invisible

how are we seeing objects ?
all we need is light
light falls onto some something and you will see the object
just remove the lights...remove the sun...remove the moon...
remove all sources of light...
and you will see no objects anymore
how will the object appear
when there is no light to show you the object ?

leaving things in the absolute void of darkness...
that which is material will start to disintegrate
it will start falling apart because light is needed to create its reality
light is matter...a certain vibration of matter that creates light
light touching any object shows you the object
shows you that within the object is hidden the subjectivity
something invisible in the visible

it is present everywhere but it is invisible
nothing can destroy it...nothing can create it...
if you can create something...
certainly you can destroy it
and the creator needs to be there to create it in the first place
who made the creator ?
something has been present in the existence before
and was always there before
if you see creation to be material
then you have not understood the source of creation



the absence of matter is creation itself
unmanifest in matter...
that is the black hole...
the black hole has always been present...
with no object...
it can enter any object...
it does not enter...
it is the very subjectivity of matter
to see the black hole in substance
you put the light
and you are seeing the outer sense of bodiness
the inner sense is emptiness
all objects are infused...merged...
with a flowing power of the black hole

it is just like feathers
you cannot feel it
do you feel the gravity on you ?
you do not feel the gravity
the earth is spinning and moving around
sometimes you are on top of the earth
sometimes you are on the bottom of the earth
but you do not fall of the earth somehow
what is keeping you sticking to the earth ?
because the earth is turning around
and gravity is pulling you to the very centre

but you do not feel the gravity on the body
you can go to the moon...
and suddenly you will realise
that there was gravity on earth
what will happen to you on the moon ?
your body will start floating...

you take an apple and it starts flying away...
you will just push with the little finger and it starts floating around
there is no gravity
same way you cannot feel the weightless presence...
of this black hole that surrounds us
it has always been present
but you cannot see it because it is the inner sense of everything

it is so dark and black...
it is an invisible presence...
you cannot destroy it...
because it was never created in the first place...
it was always present...
it knows all...
because it is within everything that lives
it knows the rocks and the trees and the plants
and the animals and the ocean
because it is present within everything that is living

this force of life...of emptiness...
is the very inner of the outer object that you are seeing
it is all powerful because we cannot kill it
your inner being in a condensed way is your very centre of life
what we call the hara
and it is far more condensed than normal energy
the hara in a human being is not the normal black hole floating in existence
it is a more mature form...a more dense form

that point within your body...that is the black hole...the hara
when you go into meditation you fall into the dark night of the soul
you are falling...falling...falling...falling...falling...
and suddenly you fall into this black space...
you are lost in the unknown...
there is no matter there...

where you can sense the difference or the time or the space ?
there is no time...no space...no distance
to measure distance you need a certain object
you need light...something to measure the distance
you need two objects and now you can measure the distance
when there is no objectivity within the space...
it can be one millimetre...
it can be a thousand miles...
there is no sense of distance...
there is no time...

for time you need to measure movement
anything changing in time

time needs a certain movement to measure

there is no sense of time because there is no way to measure

there is no space...no light to gauge...

it is a very strange phenomenon

when you fall into it you do not know the size of it...

you do not know how big it is...

but it is as vast as the universe

because the black hole has no boundary either

the moment you fall into this black hole it is shocking

everything around you...outside you...starts exploding into light...

you see all forms of light

because now you have fallen into such a dark space

that even the darkness around you has become filled with light

that is why it is called the black hole

no light can enter in it...it is perfectly dark...

if any light enters soon it will develop matter...

and the whole world will come in

perhaps that is the big bang

the big bang is nothing but a black hole exploding...

emptiness exploding...

it creates matter

suddenly matter enters into this life source
and the universe is created

it has happened in the nuclear bomb

the nuclear bomb is nothing but separating the electron and the proton

the moment you separate electron and proton the nucleus explodes

it is the same in existence

existence has so many floating black holes

that if many black holes gather

it can create enough force to explode one black hole

that perhaps is the way the origins of life came

from emptiness and explosion and the light filtered in...

created matter...and here we are

it is very difficult to explain this

but i can understand the inner experience of this

all that i am speaking is from the view of the mystical

i know what i am speaking from the inner

i have died

i have gone into the black hole

i have seen the universe in a totally different light

trying to translate it into the world is a little complex

but it is not a complicated experience

the moment you will fall in the black hole

everything will be light

and in such a dimension that it cannot be explained

all the senses that you are using are so small and isolated

even the sixth sense within the body is far more intricate

than the first five senses

the sixth sense combines all the five senses

and does not only become the sixth sense

it becomes the sixth plus the fifth...

sixth plus the fourth...sixth plus the third...

you understand ?

all your senses become multiplied...multidimensional

what happens in the seventh sense is unexplainable
rather it is so mysterious that you are simply baffled
whatsoever you think is light today is dark
and whatsoever you think is dark is light
everything is opposite...
this indicates that the absence surrounding you is life
and the life that you think you are seeing is death...strange !
that what you think is living is actually dead
what you do not see as living...the invisible...is your life

you ignore life for death
you ignored the emptiness
and you are attached to what you see as form
this is the illusion !
just think of yourself in reverse
what you do not see is you...what you see is not you...
and that is perfectly true...
the life around you is settling into the form
the moment it settles it becomes body
it settles more...it becomes bone
the bones are the deadest part of you
you are more living outside the body than within the body
just look reverse !
your skin is nothing but empty dead past cells
and you keep decorating it and polishing it
that this is me...it is not you !
it is what has died
it is the past in you
it is not you !

too much confusion...
okay i will not speak more today
is it late ?
too much talk...

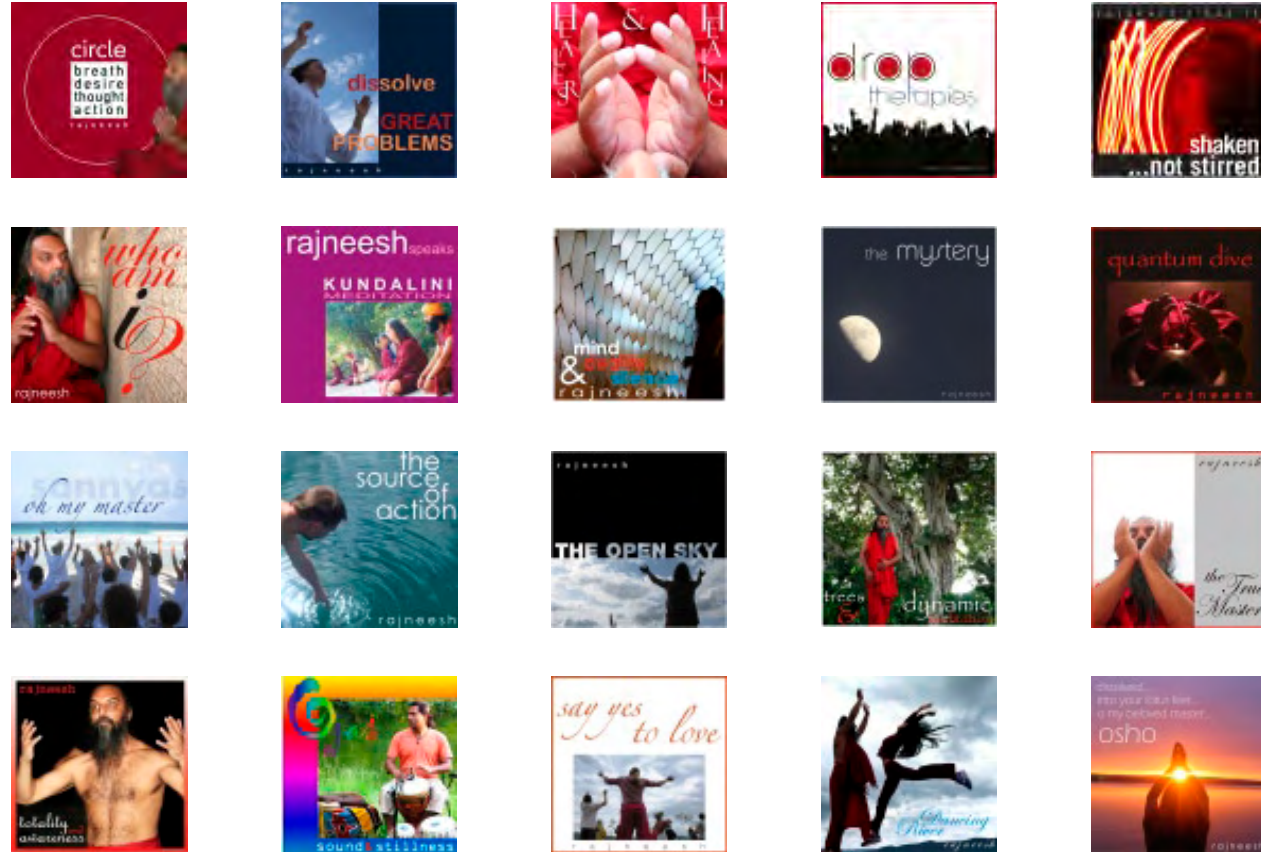




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